

Organiser



Host Organiser



# THE 16TH ISSP WORLD CONGRESS - SPONSORED BY SHINE TAK FOUNDATION

ISSP 60TH ANNIVERSARY

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GLOBAL PAST, PRESENT, AND FUTURE OF  
SCIENCE AND PRACTICE IN SPORT, EXERCISE  
AND PERFORMANCE PSYCHOLOGY

2025

**12.8** MON

**12.12** FRI

# PROGRAMME BOOK



**THE 16TH ISSP WORLD CONGRESS**  
**- SPONSORED BY SHINE TAK FOUNDATION**

**PROGRAMME BOOK**

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# WELCOME MESSAGES

*from International Society of  
Sport Psychology*

## **Dr Robert Schinke**

*President  
International Society of Sport Psychology*



Dear Congress Attendant,

It is with great pleasure that the International Society of Sport Psychology (ISSP), the ISSP Managing Council, and the Local Organising Committee welcome you to the 2025 World Congress of Sport and Exercise Psychology, hosted in partnership with the Hong Kong Sports Institute. The ISSP World Congress has been a high-profile staple in scientific and science to practice exchanges for more than seven decades. Since the inaugural meeting of the ISSP in 1965, our field has developed rapidly. The ISSP World Congress brings together sport and exercise psychology practitioners from around the world, spanning Asia, Europe, Africa, North America, South America, and Oceania.

The ISSP World Congress reveals a shared opportunity for extensive and rich academic and practical exchanges in terms of performance enhancement, psychological and spiritual wellbeing, and the psychological dimensions pertaining to physical activity and active living. The intention through this scientific exchange is to support people as they seek to lead healthier lives in thriving societies. In the modern age, these objectives are lofty, considerable, and essential, as we collectively seek to augment a positive existence on a healthy planet.

We, the ISSP's leadership, the local organising committee, and the society as a whole encourage you to meet new people, exchange new ideas, further thought and inquiry in emerging and established subject areas, and build enduring friendships that will last well after the 2025 World Congress of Sport and Exercise Psychology is accomplished. We also encourage you to explore Hong Kong and sample the finest elements of this exceptional island, including fine dining, the exploration of city sites, wonderful nature, and the broader Hong Kong culture. We also encourage you to consider the continuing education and accreditation offerings scheduled as pre-congress activities. In closing, we welcome you to the Congress, wish you an exceptional experience, and we also look forward to meeting you personally in Hong Kong. Thank you so much for your patronage and support of this, your World Congress.

# WELCOME MESSAGES

*from Hong Kong Sports  
Institute*

## **Mr Tang King-shing GBS PDSM**

*Chairman  
Hong Kong Sports Institute*



On behalf of the Hong Kong Sports Institute (HKSI) and the Local Organising Committee of the 16th ISSP World Congress, I am delighted to extend a warm welcome to all of you joining us from around the globe for the 16th ISSP World Congress – Sponsored by Shine Tak Foundation (the Congress), a signature event organised by the International Society of Sport Psychology (ISSP).

It is a privilege for HKSI to host this prestigious event, which brings together sports psychologists, athletes, coaches, and professionals from around the world. The Congress offers a rich and diverse programme to foster exchanges of knowledge and insights in the field of sports psychology. Throughout this five-day Congress, we eagerly look forward to dynamic exchanges of knowledge and ideas through inspiring keynote speeches, thought-provoking symposiums, interactive poster sessions, and valuable networking opportunities. I am also sure that this Congress will present a unique opportunity for the sporting community in Hong Kong to broaden its horizons and strengthen connections to the international sports psychology network.

As one of the premier events in the discipline, the Congress has been held in various parts of the world over the years. We are proud to host the 16th edition in Hong Kong, China, marking the fifth time the Congress has been held in Asia. Hong Kong, a city renowned for its vibrant atmosphere and unique blend of Eastern and Western cultures, provides a perfect setting for this international gathering. Beyond the Congress, we invite you to explore the city's iconic Victoria Harbour, cultural and natural landmarks, as well as its delicious cuisine that embodies the city's unique spirit and energy.

I would like to extend my heartfelt gratitude to the ISSP for their unwavering support and collaboration in organising this Congress. I would also like to thank our title sponsor, Shine Tak Foundation, and our sponsor, Blue Pool Capital Limited, for their generous support and commitment to promoting excellence in sports. My special acknowledgment goes to our co-host organisers, including the Hong Kong Society of Sport and Exercise Psychology and the Department of Sports Science and Physical Education of The Chinese University of Hong Kong, as well as our official Honoray organisation, the Hong Kong Tourism Board and other supporting organisations including, local and overseas institutions and societies, for their invaluable contributions in making this event possible.

Additionally, I would like to express my gratitude to our keynote speakers for sharing their expertise and insights, as well as to all participants for your enthusiastic participation in this Congress. Your presence makes this Congress a landmark occasion in advancing the sports community.

I am confident that this Congress will foster lasting connections, inspire innovative research and help shape the future of sports psychology. Together, let us ignite new ideas, drive progress, and pursue excellence in sports and beyond.

I wish you all a successful and memorable experience in this Congress, and an enjoyable time here in Hong Kong!



# WELCOME MESSAGES

*from Hong Kong Society of Sport  
and Exercise Psychology*

## **Dr Li Hin Yue, Henry**

*President  
Hong Kong Society of Sport and  
Exercise Psychology*



Dear Colleagues and friends,

On behalf of the Hong Kong Society of Sport and Exercise Psychology (HKSSEP), it is a great pleasure to welcome you all to come visit Hong Kong and participate in this World Congress. Never forget those wonderful moments and insightful exchange I have experienced in previous World Congresses. It is such an honour for HKSSEP to support this event under the leading host, the Asian elite sport powerhouse, HKSI and partner with long-standing sport science and physical education research institute - CUHK-SSPE. Such collaboration determines to organise this World Congress as the stage showing both academic and practical beauty in our profession.

Small city with an ever growing sport atmosphere, Hong Kong, China is an excellent place to host this prestigious and global event. With the National Games being held this time of year in Hong Kong and Guangdong province, I recommend you enjoy the vibes within the town. It is the best time of year for hosting this sport psychology event.

I would like to thank ISSP for your trust to delegate such prestigious project to us. I would like to salute HKSI and CUHK-SSPE for leadership and months of hard work. I would like to extend my gratitude to all sponsors and supporting organisations. Your support make a huge difference throughout the Congress.

On top of the main content including 6 keynotes, 300 oral presentations, and the 250 plus poster presentation, there are pre-Congress workshops proudly organised by ISSP, half day of exotic local tour organised by HKSI, as well as the ISSP general assembly and award ceremony. It is going to be your wonderful excursion in Hong Kong and insightful intellectual immersion in sport psychology world.

I would also like to welcome all local colleagues and friends. I believe you are excited as I am that World Congress is happening here in our town. HKSSEP has been endeavouring to gather local practitioners as much as possible over the years. For friendship and professional exchange, we cannot find a better opportunity like this.

Thank you very much. Enjoy and be inspired.

# WELCOME MESSAGES

*from The Chinese University of  
Hong Kong (CUHK)*

## **Prof Stephen H. Wong, PhD, FACSM**

*Chairperson and Professor  
Department of Sports Science and  
Physical Education, CUHK*



Dear Conference Attendees,

It is my great pleasure to welcome you to the 16th ISSP World Congress, organised by the International Society of Sport Psychology. The host organiser is the Hong Kong Sports Institute (HKSI) and the Department of Sports Science and Physical Education (SSPE) at The Chinese University of Hong Kong is one of the co-host organisers. The gathering at this conference represents a unique opportunity for us to come together as a global community dedicated to enhancing the mental and psychological well-being of athletes, coaches, and sports organisations.

Our department has a long-standing commitment to promoting human health and well-being through sports, physical education and physical activity. This conference is well aligned with our commitment, providing a vital platform for learning, collaboration, and networking. As we embark on this journey over the course of this conference, we will explore and discuss the latest research, innovative techniques, and best practices in sports psychology. Our goal is to deepen our understanding of the mind-body connection, mental resilience, performance enhancement, and the role of psychology in injury recovery and overall athlete development.

This conference brings together a diverse group of professionals, including sports psychologists, coaches, researchers, sports scientists, and athletes. Your participation demonstrates a shared commitment to advancing the well-being and performance of athletes worldwide. Let us inspire one another, exchange new ideas and cutting-edge research results, challenge existing paradigms, and innovate solutions to help athletes unlock their full potential.

On behalf of SSPE, the co-host organiser, I thank you for your presence and enthusiasm. Your dedication to the field of sports psychology is vital to shaping a healthier, more resilient sporting world. Please enjoy the conference, and I look forward to the fruitful discussions and connections we will build together.

# CONGRESS INFORMATION

## Overview

Event	<b>The 16th ISSP World Congress - Sponsored by Shine Tak Foundation</b>
Theme:	ISSP 60th Anniversary: Global Past, Present, and Future of Science and Practice in Sport, Exercise and Performance Psychology
Date:	<b>8 - 12 December 2025 (Monday - Friday)</b>
Organiser:	International Society of Sport Psychology
Host Organiser:	Hong Kong Sports Institute
Co-host Organisers:	Hong Kong Society of Sport and Exercise Psychology Department of Sports Science and Physical Education of The Chinese University of Hong Kong
Title Sponsor:	Shine Tak Foundation
Official Language:	English
Website:	
Venue:	1-2/F Cheng Yu Tung Building, The Chinese University of Hong Kong, Shatin, New Territories, Hong Kong

## Congress Venue

The 16th ISSP World Congress – Sponsored by Shine Tak Foundation will be held at the Henry Cheng International Conference Centre (HCICC). HCICC serves as an international conference hub, facilitating academic exchange among scholars worldwide, with its convenient location adjacent to the MTR University Station.

# PROGRAMME RUNDOWN

Venue: Henry Cheng International Conference Centre, CUHK (HCICC)

Time	Day 1
Date	8.12.2025 (Mon)

08:00 Onwards	Registration
08:30-10:00	Pre-Congress Workshop-Session 1 ⌚ 1 hr 30 mins
10:05-11:35	Pre-Congress Workshop-Session 2 ⌚ 1 hr 30 mins
11:40-13:10	Pre-Congress Workshop-Session 3 ⌚ 1 hr 30 mins
13:10-14:10	Lunch ⌚ 1 hr
14:10-15:10	Parallel Session 1 ⌚ 1 hr
15:15-16:15	Parallel Session 2 ⌚ 1 hr
16:20-17:20	Parallel Session 3 ⌚ 1 hr
17:20-18:30	Transition: HCICC to ClubONE Riviera
18:30-19:30	Keynote Speech 1 ⌚ 1 hr
19:30 onwards	Opening Ceremony and Reception

Time	Day2
Date	9.12.2025 (Tue)

08:00 Onwards	Registration
08:30-09:30	Parallel Session 4 ⌚ 1 hr
09:35-10:35	Parallel Session 5 ⌚ 1 hr
10:40-11:40	Coffee Break ⌚ 1 hr  Poster Session 1
11:45-12:45	Parallel Session 6 ⌚ 1 hr
12:45-14:00	Lunch ⌚ 1 hr
14:00-15:00	Keynote Speech 2 ⌚ 1 hr
15:00-15:30	Coffee Break ⌚ 30 mins
15:30-16:30	Keynote Speech 3 ⌚ 1 hr
16:30-17:30	Parallel Session 7 ⌚ 1 hr
17:30-18:30	
18:30 onwards	

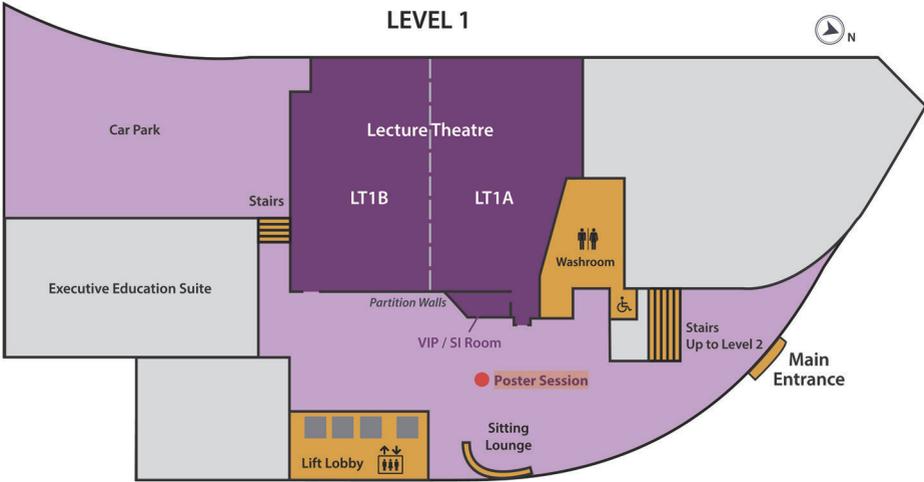
# PROGRAMME RUNDOWN

Venue: Henry Cheng International Conference Centre, CUHK (HCICC)

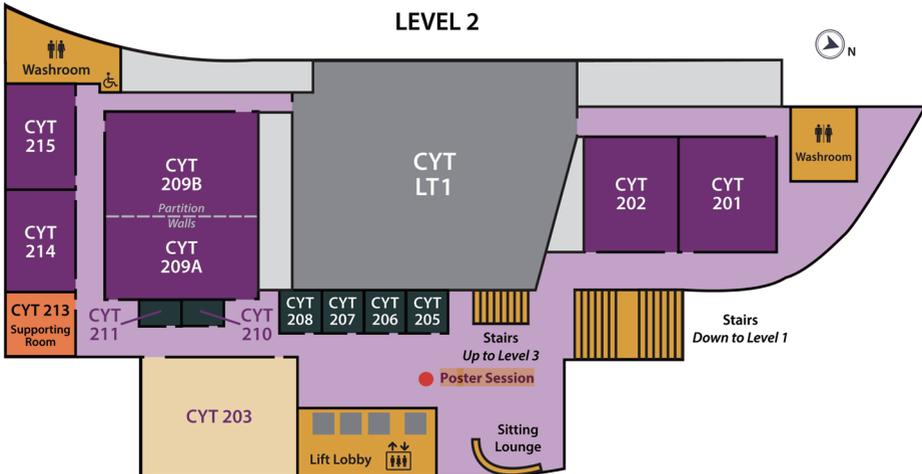
Time	Day 3	Day 4	Day 5
Date	10.12.2025 (Wed)	11.12.2025 (Thu)	12.12.2025 (Fri)
08:00 Onwards	Registration		
08:30-09:30	Parallel Session 8 🕒 1 hr	Parallel Session 11 🕒 1 hr	Parallel Session 14 🕒 1 hr
09:35-10:35	Parallel Session 9 🕒 1 hr	Parallel Session 12 🕒 1 hr	Parallel Session 15 🕒 1 hr
10:40-11:40	Coffee Break 🕒 1 hr		
	Poster Session 2	Poster Session 3	Poster Session 4
11:45-12:45	Parallel Session 10 🕒 1 hr	Parallel Session 13 🕒 1 hr	Parallel Session 16 🕒 1 hr
12:45-14:00	Lunch 🕒 1 hr		
14:00-15:00	Keynote Speech 4 🕒 1 hr	ISSP Developing Scholar & Practitioner Award & ISSP Fellow Award Presentation 🕒 1 hr 30 mins	Keynote Speech 6 🕒 1 hr
15:00-15:30	Local Tour approx.: 3 - 4 hrs (15:00-19:00)	Coffee Break 🕒 30 mins	ISSP Distinguished International Sport Psychologist & Honor Award & ISSP Hall of Fame Presentation 🕒 1 hr 30 mins
15:30-16:30		Keynote Speech 5 🕒 1 hr	
16:30-17:30		General Assembly 🕒 1 hr 30 min	Transition: HCICC to Kowloon Cricket Club
17:30-18:30			Closing Ceremony and Banquet
18:30 onwards			

# MAP OF CONGRESS VENUE

## Level 1



## Level 2



## IMPORTANT DATES & SPECIAL EVENTS



### Opening Ceremony with Banquet

- Venue:** ClubONE Riviera (ClubONE)  
55-57 Tai Chung Kiu Road, Sha Tin, New Territories, Hong Kong
- Date:** 8 December 2025 (Monday)
- Time:** Starts at 7:35 pm
- Dining Style:** Buffet



#### Remarks:

- Shuttle buses will be arranged from the congress venue to ClubONE
- Please note the first keynote speech will be held at ClubONE from 6:30 pm to 7:30 pm.



### Closing Ceremony with Banquet

- Venue:** Kowloon Cricket Club (KCC)  
10 Cox's Road, Kowloon, Hong Kong
- Date:** 12 December 2025 (Friday)
- Time:** Starts at 6:00 pm
- Dining Style:** Buffet



#### Remarks:

- Shuttle buses will be arranged from the congress venue to KCC.



Please carry your accreditation card when you join the ceremonies and banquets.



## Half-day Local Tour

In addition to promoting the development of sports psychology, we encourage participants to enjoy Hong Kong's beautiful scenery, culture, and more. To this end, local tours have been organised for overseas congress participants and pre-registration is required. Unregistered individuals will not be accommodated. Changes or swaps of tour options are not allowed after confirmation or on the day of the event. A confirmation email has been sent to successful registrants, please refer to the email confirmation for your tour details. The basic information for the local tour is as follows:

The 16th ISSP World Congress - Sponsored by Shine Tak Foundation

# LOCAL TOUR

10 December 2025 (Wednesday)  
Starts at 3 pm

**FOR DETAILS**

Ride the iconic **Peak Tram** to discover Hong Kong's beauty while experiencing breathtaking views from **Sky Terrace 428**, the city's highest viewing platform

**OPTION 1 - THE PEAK EXPERIENCE**

Ride the historic **Star Ferry** to take in the lovely views of **Victoria Harbour**, where you can see the impressive skyline and vibrant waterfront from the water

**OPTION 2 - VICTORIA HARBOUR DELIGHTS**

Exciting **hiking adventure** at **Kam Shan Country Park**. Enjoy a day of adventure, relaxation, and exploration in this captivating natural paradise

**OPTION 3 - ADVENTURE AWAITS: FUN HIKING**

**FINAL STOP OF THE TOURS**  
**HAPPY WEDNESDAY at HAPPY VALLEY RACECOURSE\***  
Enjoy the thrill of racing!

Photo Credit: The Hong Kong Jockey Club

Photo Credit: The Hong Kong Jockey Club

For more information about the local tour, please scan the QR code in the flyer above, read it carefully, and ensure you join the local tour with suitable equipment and clothing.

\*Please carry your accreditation card when you join the local tour.

For accompanying guests of overseas congress participants, we have offered an exclusive package for a special price at HKD \$1,750 to enjoy a delightful local tour and exquisite banquets that celebrate our culture and cuisine. The exclusive package includes the following:

- ✓ Opening Ceremony and Banquet
- ✓ Closing Ceremony and Banquet
- ✓ Half-day local tour

## INFORMATION DESK

The congress information desk is located on level 1, as you enter the main entrance of the Cheng Yu Tung Building.

## CONGRESS REGISTRATION

Registration Fee Includes	Local Participants	Overseas Participants
Participation in all keynotes, symposium, parallel and poster session	✓	✓
Access to the coffee break area	✓	✓
Opening Ceremony and Banquet	✗	✓
Closing Ceremony and Banquet	✗	✓
Half-day local tour	✗	✓

## FOOD & BEVERAGES

### Coffee Breaks

During the coffee breaks, complimentary coffee, beverages, and refreshments will be available on level 1 through level 3.

### Lunch & Dinner

During the congress, all participants are responsible for their own lunch and dinner. As the congress venue is located near an MTR University Station and a Public Transport Interchange, it is convenient to access restaurants in other districts. For more information about nearby dining options, please scan the QR code below.



## Accreditation

All registrants will receive an accreditation card. Only participants with visible accreditation cards will gain access to the congress rooms and must carry them during social activities (e.g. opening ceremony and banquet, closing ceremony and banquet, and half-day local tour).

Should you lose the accreditation card, please report to the information desk with your registration QR code for a replacement.

## Notice of Filming and Photography

Please be informed that photography, audio, and video recording may occur during the congress. By entering the event premises, your consent to such recording media and its release, publication, exhibition or reproduction.

## Non-smoking Policy

The smoke-free policy prohibits smoking across the entire congress venues, including ClubONE Riviera (venue for the opening ceremony) and Kowloon Cricket Club (venue for the closing ceremony). This applies to all indoor and outdoor areas, in accordance with Hong Kong Law.

## Data Policy

Your personal data will be kept confidential and will not be shared with third parties for unrelated purposes without your consent. You have the right to request access to and correction of any errors in your personal data. For enquiries, you may contact us via email [issp-wcsp@hksi.org.hk](mailto:issp-wcsp@hksi.org.hk).

# INFORMATION FOR PRESENTERS

Every ISSP Congress lives off the wide array of excellent scientific presentations and discussion presentations on best practice interventions.

## KEYNOTES

This year's congress will feature six keynote speakers. Each speaker is an international, highly renowned scientist, all from different fields of Sport and Exercise Psychology. They will hold a presentation of 45 minutes, followed by 15 minutes of discussion, which is open to questions from the audience. Each entire keynote will be moderated by a moderator.

## PRE-CONGRESS WORKSHOP

The pre-congress workshops, organised by the members of the ISSP Managing Council, deliver high-quality presentations showcasing advanced knowledge and professional competence in three modules: Ethics, Cultural Competence, and Mental Health. These workshops, exclusively for ISSP-Registry members, provide a platform to deepen expertise in applied sport psychology while aligning with the ISSP's mission to promote research, practice, and the global advancement of discipline.

## PARALLEL SESSION

**Please submit your presentation as a PPT or PPTX file (16:9 screen format) on a USB memory stick to the Presentation Collection Point on Level 1 or Level 2 at least half a day before your session starts.** Presentation laptops will be provided in the session halls. Please note, a presentation with your own laptop is not possible.

### 1. Symposium

Each symposium is a 1-hour session, presenting three to four individual abstract presentations and covering a specific coherent topic relating to Sport and Exercise Psychology. The focus of the presentation can be theoretical, methodological, or applied. Symposium organisers / coordinators are responsible for the time management during the session and should allow sufficient time for questions, and discussion with the audience.

## 2. Single Presentation

Each single presentation session is a 1-hour session., consisting of up to four oral presentations. Each individual presentation is allotted a 12-minute slot for the presentation followed by a 3-minute discussion. Session speakers should allow sufficient time for questions and discussion with the audience.

## 3. Panel Discussion

Each panel discussion session is a 1-hour session. Panel discussions bring together experts from a specific, relevant topic who will share their experiences, intervention strategies and how they link theory and / or practice. Bringing expert researchers and expert practitioners together on a common topic in a panel discussion provides excellent opportunities for an audience to learn and engage in open dialogue in a scientist- practitioner framework.

## 4. Workshop

Each workshop session is a 1-hour session. Workshops offer a focused, interactive forum for researchers and practitioners to explore emerging theories, methodologies, and applied topics in the field of sport, exercise and performance psychology. Through adequate presentations, guided discussions, and small-group activities, participants will exchange insights, refine research ideas, and identify future collaboration opportunities.

# POSTER PRESENTATIONS

Each poster session is a 1-hour session. Please bring your poster in portrait orientation. Poster dimensions must not exceed A0 format (84.1 cm / 33.11" in width and 118.9cm/ 46.8" in height). No other formats are permitted. Posters exceeding the above-mentioned directions cannot be displayed. We encourage you to use the ISSP Congress templates that can be downloaded from our official website. Mounting material will be provided on site to affix the posters. Please do not use your own mounting materials, including double-sided tape and adhesive tape. In the event of damage to the display board caused by using self-provided materials, compensation will be required.

You can check your poster code by scanning the QR code below:



Poster sessions will take place at the Level 1 and Level 2 lobbies. Poster presenters are expected to attend their session and be available to answer questions. Please set up your poster 45 minutes before the start of your poster session and demount your poster immediately after your poster session ends. Otherwise, we will have to dispose of it.

**No copy shops for poster printing are available near the congress venue. Please ensure your poster is printed before arriving at the congress venue.**

**THE 16TH ISSP WORLD CONGRESS**  
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# SCIENTIFIC PROGRAMME



# KEYNOTES



## Keynote Speech 1 (ClubONE Riviera)

 8 December 2025 (Monday)  6:30 pm - 7:30 pm

 **The power of simplicity - A psychophysiological perspective on sport and exercise psychology**

 **Professor Markus Raab**  
(German Sport University Cologne, Germany)



## Keynote Speech 2

 9 December 2025 (Tuesday)  2:00 pm - 3:00 pm

 **Beyond the Sidelines: Using Organisational Sport Psychology to Transform Sporting Environments**

 **Professor Chris Wagstaff**  
(University of Portsmouth, United Kingdom)



## Keynote Speech 3

 9 December 2025 (Tuesday)  3:30 pm - 4:30 pm

 **It's All About the Music: An Odyssey into Exercise Hedonics**

 **Professor Costas I. Karageorghis**  
(Brunel University of London, United Kingdom)

# KEYNOTES



## Keynote Speech 4

 10 December 2025 (Wednesday)  2:00 pm - 3:00 pm

 **Gender Inclusion: Where are the Women in Sport and Exercise Psychology?**

 **Professor Diane Gill**  
(University of North Carolina at Greensboro, United States)



## Keynote Speech 5

 11 December 2025 (Thursday)  4:00 pm - 5:00 pm

 **Physical Activity and Exercise Promote Mental Health Among Neurodiverse Adolescents**

 **Professor Cindy Hui-ping Sit**  
(The Chinese University of Hong Kong, Hong Kong, China)



## Keynote Speech 6

 12 December 2025 (Friday)  2:00 pm - 3:00 pm

 **The past and the future of a field: Embracing and optimising the role of sport psychology in mental health promotion in sport**

 **Professor Stewart Vella**  
(University of Wollongong, Australia)

# PARALLEL SESSIONS

Day 1: 8 December 2025 (Monday)

## PARALLEL SESSION 1

Monday, 8 December 2025 14:10-15:10

### Symposium 1.1

Lecture Theatre

Exercise Interventions for Special Populations

462 Seats

#### Session Chair

Cindy Sit (The Chinese University of Hong Kong)

1

The Impact of Cognitively Engaging Exercise on Executive Function in Autistic Children

Andy Tse (The Chinese University of Hong Kong)

2

High-Intensity Interval Training (HIIT) for Adolescents with Intellectual Disabilities (ID): A Study Protocol of a Novel Approach to Enhancing Fitness and Health

Eric Poon (The Chinese University of Hong Kong)

3

A Multicomponent Exercise Program to Promote Mobility, Mental Health, and Quality of Life in Older Adults in Care Homes

Yijian Yang (The Chinese University of Hong Kong)

### Symposium 1.2

CYT 209A

Psychological Interventions in Exercise and Physical Activity: From Performance Foundations to Health Applications

95 Seats

#### Session Chair

Taihe Liang (Macao Polytechnic University)

1

Training Quality over Quantity: Deliberate Practice, Grit, and Performance in Elite Martial Arts

Taihe Liang (Macao Polytechnic University)

2 The Effects of Imagery Training on Open-Skill Sports Performance: A Multilevel Bayesian Meta-Analysis of Tennis and Soccer  
Shiao Zhao (Macao Polytechnic University)

3 The Effects of Mindfulness-Based Interventions on Proprioception in Humans: A Bayesian Multilevel Meta-Analysis of Evidence from Randomized Controlled Trials  
Senyao Du (Macao Polytechnic University)

4 The Efficacy of Mindfulness-Based Interventions in Treating ADHD Symptoms in Children and Adolescents: A Bayesian Meta-Analysis of Randomized Controlled Trials  
Yiran Liu (Macao Polytechnic University)

5 The Effects of Biofeedback Training on Athletes' Mental Health: A Systematic Review and Bayesian Meta-Analysis  
Xuda Zhang (Macao Polytechnic University)

Workshop 1.1

CYT 203

80 Seats

Get Smart About Smartphones - An Intervention to Address Smartphone Addiction in Youth Athletes

Session Chair

Nathanael Ong (Singapore University of Social Sciences)

1

Get Smart About Smartphones - An Intervention to Address Smartphone Addiction in Youth Athletes  
Nathanael Ong (Singapore University of Social Sciences)

Single presentation 1.1

CYT 209B

78 Seats

Psychological Performance Under Pressure

Session Chair

Huahui Qin (Beijing Sport University)

1

How Do Elite Chinese Athletes Experience and Cope with Performance Errors: A Thematic Analysis  
Xin Yue (Beijing Sport University)

2

Chronic Choking and Mental Health: A Qualitative Exploration of Athletes' Lived Experiences  
Christopher Mesagno (Victoria University)

- 3 How Is a Champion Made? — Insights from Team China Olympic and World Champion Trampolinists  
Huahui Qin (Beijing Sport University)
- 4 Psychological Foundations of Athletic Excellence: A Scoping Review of Performance-Related Traits and Strengths in Elite Athletes  
Yekta Sahin (Ankara University)

Single presentation 1.2

CYT 202                      **Mental Health, Well-being, and Quality of Life**

70 Seats

**Session Chair                      Pedro Teques [Universidade de Trás-os-Montes and Alto Douro (UTAD)]**

- 1 Evaluating the Effectiveness of the Implementation of Elite Athlete Mental Health Support Services in the United Kingdom  
Samuel Giles (Nottingham Trent University)
- 2 Understanding and Supporting Mental Health in Professional Football: Diagnostic, Awareness, and Intervention Perspectives  
Pedro Teques [Universidade de Trás-os-Montes and Alto Douro (UTAD)]
- 3 The Co-Design Of Psychological Frameworks in Olympic & Paralympic Sport  
Kristine Dun (Australian Institute of Sport)
- 4 A Framework for Athlete Mental Health Support in Singapore's National Sporting Ecosystem  
Harry Lim (High Performance Sport Institute Singapore)

## Single presentation 1.3

CYT 201

Mental Health, Well-being, and Quality of Life

66 Seats

Session Chair	Zhanjia Zhang (Peking University)
1	Associations Between Adherence to 24-Hour Movement Guidelines and Mood in College Students: A Daily Diary Study Yuxin Shen (South China Normal University)
2	Daily Physical Activity and Mental Health: A Comparative Study of University Student-Athletes and Non-Athlete Students Zihan Zhang (Toyo University)
3	Purpose in Life and Exercise Task Behaviors: Evidence From a 10-Week Running Task in College Students Zhanjia Zhang (Peking University)
4	Co-Designing a Just-in-Time Physical Activity Habit Intervention for Adults with Depression and Anxiety Amanda Rebar (University of South Carolina)

## Single presentation 1.4

CYT 214

Motivation

47 Seats

Session Chair	Dapeng Zhu (Wuhan Sports University)
1	Treatment of Anxiety in Athletes Using Cognitive Behavioral Therapy: A Single-Case Experimental Design with Multiple Baselines Rebecka Ekelund (Umeå University)
2	Construction and Practice Path of Sports Psychological Service System on the Background of Exercise in China Dapeng Zhu (Wuhan Sports University)
3	Commitment to Autonomous Motivation and Content-Specificity in High School Physical Education Jihyun Song (University of North Carolina at Greensboro)
4	Combining the Transtheoretical Model and Self-Determination Theory to Examine Exercise Motivation in Women with Polycystic Ovary Syndrome Hsiao Peng Ko (National Taiwan Normal University)

Single presentation 1.5

CYT 215

Innovative Methodologies

47 Seats

Session Chair	Iman Hassan (University of Denver)
1	Reimagining Athlete Retirement Through Systemic Innovation: A Design Thinking Approach in Canadian High-Performance Sport Iman Hassan (University of Denver)
2	Insight to Action: A Design Thinking Approach to Enhance Canadian Student-Athlete Mental Health and Mental Performance Sydney Graper (University of Ottawa)
3	Proactive Athlete-Centred Mental Health Support at Paris 2024: The IOC Athlete365 Mind Zone Scott Sloan [International Olympic Committee (IOC)]
4	An Innovative Approach: Transactional Analysis in Sports Psychology Delivery Dylan Augustine[Sri Ramachandra Institute of Higher Education and Research (DU)]

## PARALLEL SESSION 2

Monday, 8 December 2025 15:15-16:15

Symposium 2.1

Lecture Theatre

462 Seats

Who We Are When We Compete: Cultural Dimensions of Resilience in Sport

Session Chair	Maria Luisa Guinto (Asian South-Pacific Association of Sport Psychology)
1	Tibay at Tatag: Filipino Cultural Conceptions of Resilience in Competitive Sport Maria Luisa Guinto (Asian South-Pacific Association of Sport Psychology)

2	Culturally Embedded Resilience: The Role of Buddhism, Hierarchy, and Community in Thai Athletes' Mental Strength Naruepon Vongjaturapat (Asian South-Pacific Association of Sport Psychology)
3	Psychological Support and Research on Resilience at The Host Olympic Games in Japan Yasuhisa Tachiya (Japan Institute of Sports Sciences)
4	Coach's Tough-Care: High School Basketball Players' Perceptions of Benevolent-Authoritarian Leadership and On-Court Performance San-Fu Kao (National Tsing Hua University)
5	Saudi Athletes' Attitudes Towards Sport Psychology Consultants Tawfeeq Albakry (Umm Al-Qura University)

Symposium 2.2

CYT 209A

95 Seats

Multidimensional Integration of Sports Psychological Resources: From Self-Regulation to Psychological Service Systems

Session Chair	Jie Zhu (Wuhan Sports University)
1	Research on Emotional Characteristics, Influencing Factors, and Mindfulness Intervention for Disabled Athletes in Hubei Province Jie Zhu (Wuhan Sports University)
2	The Effects of Self-Talk Valence and Self-Control on Dart Performance Xiaobin Hong (Wuhan Sports University)
3	Construction and Practice Path of Exercise Psychological Service System on the Background of Exercise in China Dapeng Zhu (Wuhan Sports University)

Symposium 2.3

CYT 209B

78 Seats

Exercise for Cognitive Function and Brain Activation in Substance Abuse

**Session Chair** Dongshi Wang (Ningbo University)

1

Rebuilding Brain Self-Control: The Role of Aerobic Exercise and Motivation in Methamphetamine Use Disorder  
 Jianjing Jin (Ningbo University)

2

The Impact of Acute Exercise on Cognitive Control Trade-offs in Methamphetamine Dependents: The Modulating Role of Reward-Punishment Motivation  
 Xiaohui Zhai (Ningbo University)

3

Exercise as Medicine: Improving Time Perception and Brain Activation in Female Novel Psychostimulant Addicts  
 Mengya Li (Ningbo University)

Workshop 2.1

CYT 203

80 Seats

Applying Performance Psychology Service with Medical School Students in Hong Kong

**Session Chair** Soek Hau (HKU Li Ka Shing Faculty of Medicine)

1

Applying Performance Psychology Service with Medical School Students in Hong Kong  
 Soek Hau (HKU Li Ka Shing Faculty of Medicine), Ruth Wong (HKU Li Ka Shing Faculty of Medicine), Arthur Li (HKU Li Ka Shing Faculty of Medicine), Heidi Lo (HKU Li Ka Shing Faculty of Medicine)

Single presentation 2.1

CYT 202

70 Seats

Mental Skills Training

**Session Chair** Mudit Krishnanni (MK Performance - Elevating Mindsets)

1

Unlocking the Power of Ninjas: Revisiting the Ancient Technique of Kuji-kiri for Modern Sport Performance  
 Mudit Krishnanni (MK Performance - Elevating Mindsets)

2 The Relationship Between Restrained Eating and Exercise Addiction: The Chain Mediating Role of Social Physique Anxiety and Grit  
Yaojun Pan (Shanghai Jiao Tong University)

3 Shifting Outcome-orientation to Process-orientation: A Case Study  
Sindhu BR [Sri Ramachandra Institute of Higher Education and Research (DU)]

4 Testing the Mediation Effects of Emotional Intelligence in the Relationship between Collegiate Athletes' Identity and Sport Performance  
Jaewoong Ahn (Jeonbuk National University)

### Single presentation 2.2

CYT 201

Mental Health, Well-being, and Quality of Life

66 Seats

### Session Chair Yayi Ou (Zhaoqing University)

1 "He doesn't just get to cry 'Mental Health'": Gender Politics Influence X/Twitter User Reactions to Athletes Prioritizing Mental Health  
Koto Imahori (Sport Equity Lab at Stanford University School of Medicine)

2 Investigating the Influence of Sport Experience on Motivation Levels Among National Para-Athletes in Malaysia  
Rohana Yusuf (National Sports Institute of Malaysia)

3 Effect of College Students' Motivation to Volunteer for Sporting Events on Satisfaction: Mediating Role of Experiential Value  
Meng Zhang (Shanghai University of Sport)

4 Internet Addiction, Physical Activity, and Quality of Life Among University Students: A Correlational Study  
Jia-Ru Shih (National Taiwan Normal University)

Single presentation 2.3

CYT 214

47 Seats

Psychology of Injury, Prevention, Recovery, and Rehabilitation

**Session Chair**

**Lasse Eini (St Mary's University)**

1

Psychological Flexibility is Associated with Reduced Depressive Symptoms Following Sports Injury: Moderated Mediation Study

Lasse Eini (St Mary's University)

2

Athlete Vulnerability: A Multivariate Analysis of Body Mass Index (BMI), Mental Resilience and Sport Injury Outcome

Karanbir Singh (Punjabi University)

3

Emotional Rehabilitation Through 'Flushing Out' in an Injury Context: A Coherent Approach

Aaisha Ehsan [Sri Ramachandra Institute of Higher Education and Research (DU)]

Single presentation 2.4

CYT 215

47 Seats

Exercise and Physical Activity Psychology Interventions

**Session Chair**

**Liyong Yao (Guangzhou University)**

1

The Influencing Factors on Physical Exercise Behavior in Overweight and Obese Children: A Cross-Sectional Survey

Liyong Yao (Guangzhou University)

2

A Study of the Effects of Creative Dance on the Creative Self-Efficacy and Creative Thinking of Migrant Children

Xinyue Zhang (Beijing Sport University)

3

Do Gender-Specific Task Cards Affect Children'S Motor Performance? A Field Experiment Investigating The Stereotype Threat Effect

Lena Henning (University of Muenster)

4

Exploring the Link Between Body Image Self-Discrepancies and Physical Activity, Motivation and Self-Efficacy in Primary School Children

Annalena Veltmaat (TU Dortmund University)

## PARALLEL SESSION 3

Monday, 8 December 2025 16:20-17:20

Symposium 3.1

Lecture Theatre

462 Seats

Sport Psychology Practices and Challenges in Elite Sports Environments: Experiences from Three Perspectives

Session Chair

Zhijian Huang (Wuhan Sports University)

1

“Self as Method”: Reflecting on the Experience of Working with a Winter Sports National Team

Zhijian Huang (Wuhan Sports University)

2

Practices and Considerations in the Interdisciplinary Integration of Sport Psychology for Enhanced Athletic Performance: A Case Study

Zhiqing Gao (Beijing Institute of Sport Science)

3

Developing Psychologically-In Formed Environments

Christopher R. D Wagstaff (University of Portsmouth)

Symposium 3.2

CYT 209A

95 Seats

Self-Compassion in Action: Interventions Across Sport, Physical Activity, and Professional Settings in Three Continents

Session Chair

Tsz Lun (Alan) Chu (University of North Carolina at Greensboro)

1

Promoting Youth Athletes’ Psychosocial Outcomes in the United States Through Self-Compassion, Mindfulness, and Athlete Resilience Training (SMART)

Tsz Lun (Alan) Chu (University of North Carolina at Greensboro)

2

The Effectiveness of the Pilot Mindful Self-Compassion Exercise Program on Enhancing Mindful and Compassionate Awareness for Physical Activity, Self-compassion, and Physical Activity Among Hong Kong Youth

Ming Yu Claudia Wong (The Education University of Hong Kong)

3 Self-Compassion as An Avenue to Support Sport and Exercise Psychologist Self-Care: A Single-Case Multiple-Baseline Intervention Study with UK-Based Trainees  
[Heather Hunter \(University of Gloucestershire & University of Portsmouth\)](#)

**Symposium 3.3**

CYT 209B

**Sports and Adolescent Mental Health**

78 Seats

**Session Chair Na Ye (Wuhan Sports University)**

1 Physical Activity Enjoyment Affects Depression, Anxiety, and Loneliness in Children and Adolescents in Sports Rural Volunteer Teaching Programs  
[Xia Xu \(Wuhan Sports University\)](#)

2 A Quasi-Experimental Study on Loving-Kindness Meditation Training to Reduce School Bullying Among Secondary Vocational Students  
[Lei Wang \(Wuhan Sports University\)](#)

3 Physical Exercise Enhances Positive Body Image in Middle School Girls: The Mediating Role of Self-Compassion  
[Rong Zou \(Wuhan Sports University\)](#)

4 Acute Moderate-Intensity Aerobic Exercise Promotes Prefrontal Cortex and Motor Cortex Functional Integration in Obese Adolescents  
[Jiaai Huang \(Wuhan Sports University\)](#)

5 The Mediating Effect of Self-Control on the Relationship between Physical Activity and Sleep Quality among Undergraduates: Base on A Daily Diary Study  
[Na Ye \(Wuhan Sports University\)](#)

**Workshop 3.1**

CYT 203

**DECODE: A Live Mental Training Model to Manage Repetitive Thought Patterns and Build Clarity in Competitive Athletes**

80 Seats

**Session Chair Swaroop Savanur (MyMentalCoach)**

1 DECODE: A Live Mental Training Model to Manage Repetitive Thought Patterns and Build Clarity in Competitive Athletes  
[Swaroop Savanur \(MyMentalCoach\)](#)

## Single presentation 3.1

CYT 202

Youth Development

70 Seats

Session Chair	Kurtis Pankow (Swansea University)
1	Parent Education and Support Within A Professional Football Academy: Barriers and Facilitators to Engagement in A Multi-Session Intervention Lewis Tafadzwa Murapa (Swansea University)
2	Creative Knowledge Translation to Support Parents in Youth Sport Kurtis Pankow (Swansea University)
3	Parental Support as A Protective Factor for Athletes' Mental Health - A Representative Survey in German Elite Youth Sports Valeria Claudia Eckardt (University of Münster)
4	The Relationship between Physical Exercise Behavior and Family Sports Environment among Adolescents: The Moderating Role of Sports Values and Exercise Self-efficacy Xinyi Zhang (Universiti Sains Malaysia)

## Single presentation 3.2

CYT 201

Mental Skills Training

66 Seats

Session Chair	Jinxu Sun (Jishou University)
1	A Case Study on Psychological Monitoring and Mindfulness-Based Art Interventions for Athletes Preparing for the Winter Olympics Jiyiing Zhou (Beijing Sport University)
2	Construction and Evaluation of a Mindfulness Training Program for Shooters Based on Cognitive Abilities Jinxu Sun (Jishou University)
3	Equanimity in Mental Training for Peak Performance: A conceptual Framework Urmi Gupta (Sri Sri University)
4	Recalibration training - Imposing anxiety to Peak Performance Milos Dimic (Yokohama Country and Athletic Club)

Single presentation 3.3

CYT 214

Psychology of Coaching

47 Seats

**Session Chair**

**Gillian Cook (Liverpool John Moores University)**

1

Olympic Coaching Excellence: A Qualitative Study of Olympic Swimmers' Perceptions of their Coaches

Gillian Cook (Liverpool John Moores University)

2

Supporting Psychological Growth and Instructional Confidence in Novice Football Coaches: An Action Research Approach

Hayato Daimon (Taichung Futuro)

3

Elite Coach Thriving: The Why, The What And The Possible How?

Paul Miller (Loughborough University)

Single presentation 3.4

CYT 215

Equity, Diversity, Inclusion, and Social Justice

47 Seats

**Session Chair**

**Molly Tryphena Highfield (University of Canberra)**

1

Iron Woman, Shoreline Fish: An Ethnographic Story of Depression and the (Un)Becoming of a Runner

Bo Peng (The Chinese University of Hong Kong)

2

Women's Olympic Sailing Pathways Perceptions: Sailors' Experiences of Athlete Development

Molly Tryphena Highfield (University of Canberra)

3

Beyond the Screen: A Qualitative Study on Gender Inequality Against Female Practitioners in China's E-Sports Industry

Nanxun Zhang (Macau University of Science and Technology)

4

Classifications and Intentions of Psychological Operation Among Korean Female Football Players

Hongjun Jin (Korea National Sport University)

Day 2: 9 December 2025 (Tuesday)

## PARALLEL SESSION 4

Tuesday, 9 December 2025 8:30-9:30

### Symposium 4.1

Lecture Theatre

462 Seats

Beyond the Individual: Reimagining Performance Environments using Organisational Sport Psychology

#### Session Chair

Chris Wagstaff (University of Portsmouth)

1 Seeking Meaningful Change in Elite Sport Organisations  
Chris Wagstaff (University of Portsmouth)

2 The Coach as an Architect of High-Performance Sport Environments  
Kristoffer Henriksen (University of Southern Denmark)

3 Psychological Strategies for Athletes in Complex Environments: Enhancing Performance and Well-Being in Preparation for the Paris Olympic Game  
Zhijian Zhang (Hubei University)

4 Caring for the Carers: Optimizing Practitioner Well-Being in High-Performance Sport Systems  
Alessandro Quartiroli (University of Wisconsin-La Crosse, University of Portsmouth)

### Symposium 4.2

CYT 209A

95 Seats

Benefits and Drawbacks of Resource-Intensive Vs. Simplified Information Processing During Complex Actions

#### Session Chair

Laura Voigt (German Sport University Cologne)

1 Thinking Less, Performing Better: Unifying Rules for Simplified Information Processing During Actions  
Laura Voigt (German Sport University Cologne)

2 Success in Practice: Accommodating the Developing Cognitive Capacity of Children  
Catherine M. Capio (Hong Kong Metropolitan University)

3 From Overthinking to Automaticity: Mindfulness as a Potential Strategy to Reduce Reinvestment-Related Performance Breakdowns in Athletes  
Patricia Grove (German Sport University Cologne)

4 Effects of Movement-Specific Reinvestment on Inhibition-Change Performance in Dynamic Performance Environments  
Arne Nieuwenhuys (University of Auckland)

**Workshop 4.1**

CYT 203

**Strategies for Coaching Today's Gen Z Athlete\_Part I**

80 Seats

**Session Chair**

**Daniel Gould (Michigan State University)**

1 Strategies for Coaching Today's Gen Z Athlete\_Part I  
Daniel Gould (Michigan State University)

**Panel discussion 4.1**

CYT 209B

**Unlocking Publication Success: A Panel Discussion for Sport and Exercise Psychology Scholars**

78 Seats

**Session Chair**

**Derwin K. C. Chan (Hong Kong Metropolitan University)**

1 Unlocking Publication Success: A Panel Discussion for Sport and Exercise Psychology Scholars  
Derwin K. C. Chan (Hong Kong Metropolitan University), Ian Boardley (University of Birmingham), Shebe Siwei Xu (The Education University of Hong Kong), Tracy Chor Wai Tang (The Education University of Hong Kong), Amanda Rebar (University of South Carolina)

**Single presentation 4.1**

CYT 202

**Psychological Performance Under Pressure**

70 Seats

**Session Chair**

**Fabrizio Sors (University of Trieste)**

1 What about Home Advantage and Referee Bias in National Teams Matches? Insights from UEFA Nations League  
Fabrizio Sors (University of Trieste)

2 Eye-Head Coordination in Volleyball Referees Using A Head-Mounted Display  
Masahiro Kokubu (University of Tsukuba)

3 What Equanimity Means in Competitions: Understanding the Equanimity from Chinese Notion of “Pingchangxin” Among Olympic and World Champions  
Huahui Qin (Beijing Sport University)

Single presentation 4.2

CYT 201 Mental Health, Well-being, and Quality of Life

66 Seats

**Session Chair** Nathanael Chong Hao Ong (Singapore University of Social Sciences)

1 Problematic Mobile Phone Use Among Singaporean Youth Athletes  
Nathanael Chong Hao Ong (Singapore University of Social Sciences)

2 Effect of Exercise Interventions on Cognitive Function in Breast Cancer Patients and Survivors: A Systematic Review with Multilevel Meta-Analysis  
Chen-Sin Hung (National Taiwan Normal University)

3 Self-Esteem Differences by Competitive Status and Injury Experience in Independent League Baseball Players  
Kyoko Okita (Toyo university)

4 “All the Little Pointers”: A Poetic Representation of Living with An Eating Disorder as An Educational Resource in Coach Development  
Cecilia Åkesdotter (Swedish School of Sport and Health Sciences)

Single presentation 4.3

CYT 214

47 Seats

Team Dynamics, Leadership, and Organizational Psychology

**Session Chair** Yuto Yasuda (James Cook University)

- 1 Does the Collective Activity Hypothesis Apply to Athletes? The Effect of Team Environment on Athletes  
Yuto Yasuda (James Cook University)
- 2 Losing Streak vs. Performance Crisis: A Case Study During A Losing Streak  
Stephanie Buenemann (University of Muenster)
- 3 Enhancing Team Sport Performance Through Rhythmic Training: Development and Validation of a Novel Method  
Christian Felix Benning (Brunel University of London)
- 4 Impact of Mobile Terminal-Based Outdoor Orienteering Tasks on College Students' Cooperative Tendency: Evidence from a 90-Minute Autonomous Collaboration  
Xin Xu (Tianjin University)

Single presentation 4.4

CYT 215

47 Seats

Mental Health, Well-being, and Quality of Life

**Session Chair** Urvi Khasnis (University of Edinburgh)

- 1 Exploring Quality of Current Pre-Elite Coach Development Pathways: Perceptions of Key Stakeholders in Indian Sport  
Urvi Khasnis (University of Edinburgh)
- 2 Capturing Sport Event Employees' nostalgia: Scale Development and Validation  
Siqi Lu (Sungkyunkwan University)
- 3 The Role of Self-Compassion in Athlete Flourishing: A Perspective from the Broaden-and-Build Theory  
Ninghan Wang (Sungkyunkwan University)
- 4 Comparing Elite Sport Coaches' Pressure Training Practices to Recommended Guidelines  
Dana Ortez (Queensland University of Technology)

## PARALLEL SESSION 5

Tuesday, 9 December 2025 9:35-10:35

Symposium 5.1  
Lecture Theatre  
462 Seats

Performance Recovery and Optimization (PRO) Laboratory at Boston University: Towards Advancing Pragmatic Research-Informed Interventions in Sport Psychology

**Session Chair** Edson Filho (Boston University)

- |   |   |
|---|---|
| 1 | Performance Recovery and Optimization (PRO) Laboratory at Boston University: Towards Advancing Pragmatic Research-Informed Interventions in Sport Psychology<br>Edson Filho (Boston University) |
| 2 | Batting “in the Zone”: Developing Individual Affect-related Performance Zones for Cricket Batters<br>Dhruv Raman (Boston University)  |
| 3 | Developing an Acculturation Program for International Minor League Baseball Players<br>Emmanuel Goico-Montes de Oca (Boston University)   |

Symposium 5.2  
CYT 209A  
95 Seats

How to Conduct Mental Health Assessments on Elite Athletes Using the SMHAT-1 Instrument as a Sport Psychology Practitioner?

**Session Chair** Dandan Wang (Ersha Sports Training Center of Guangdong Province)

- |   |   |
|---|---|
| 1 | Introduction to the Process of a Mental Health Assessment Using the SMHAT-1 in Guangdong Province<br>Dandan Wang (Ersha Sports Training Center of Guangdong Province) |
| 2 | FAQs and Recommendations for Mental Health Assessment Using the SMHAT-1 in Guangdong Province<br>Ling Han (Shenzhen Sports School)                                    |
| 3 | The Effect of Mindfulness Training on the Mental Health of Elite Gymnasts: A Case Study<br>Guoyan Feng (Guangzhou City Polytechnic)                                   |

**Workshop 5.1**

CYT 203

80 Seats

**Strategies for Coaching Today's Gen Z Athlete\_Part II**

**Session Chair**

**Daniel Gould (Michigan State University)**

1

Strategies for Coaching Today's Gen Z Athlete\_Part II  
Daniel Gould (Michigan State University)

**Panel discussion 5.1**

CYT 209B

78 Seats

**Foreign Coaches in National Teams: Psychological and Cultural Implications of Cross Cultural Leadership in Elite Sport**

**Session Chair**

**Kaori Araki (Juntendo University)**

1

Foreign Coaches in National Teams: Psychological and Cultural Implications of Cross Cultural Leadership in Elite Sport  
Kaori Araki (Juntendo University), Masato Kawabata (Rikkyo University), Susumu Iwasaki (Fort Lewis College), Karen Lo (Hong Kong Society of Sport and Exercise Psychology)

**Single presentation 5.1**

CYT 202

70 Seats

**Exercise and Physical Activity Psychology Interventions**

**Session Chair**

**Yujia Qu (The Education University of Hong Kong)**

1

Effect of Line Dancing and Flexibility Training on Chronic Nonspecific Low Back Pain Among Youth: A Randomized Controlled Pilot Study  
Yujia Qu (The Education University of Hong Kong)

2

Physical Activity and Enjoyment: Exploring the Moderating Role of Gender among Indian Collegiate Students  
Sindhu BR [Sri Ramachandra Institute of Higher Education and Research (DU)]

3

Baum Tree Drawing Test as a Nonverbal Tool to Assess Psychological well-being After Yoga Therapy in Older Adults: An Exploratory Study  
Satoko Murakami (Toyo University)

4

From Brain to Behavior: Neural Advantage of High-Intensity Interval vs. Moderate-Intensity Continuous Exercise in Obese Youth  
Chun Xie (Shanghai Normal University)

## Single presentation 5.2

CYT 201

Cognitive Functions

66 Seats

Session Chair	Guanlan Kang (Beijing Sport University)
1	The Influence of Acute Resistance Exercise Volume on Inhibitory Control: A Randomized Controlled Trial Ying-Chu Chen (National Taiwan Normal University)
2	The Role of Motor Processing in Representational Momentum: Investigating Spatial Coordinate Transformations in Motor Planning with Tracking Movements Seonghyeon Baek (Sungkyunkwan University)
3	The Effects of Acute Aerobic Exercise and Caffeine on Inhibitory Control: A Study on Intensity-Dose Response Chueh-Yin Chen (National Taiwan Normal University)
4	Reward Interacts with Stop Probability to Affect Inhibition Control in Athletes Guanlan Kang (Beijing Sport University)

## Single presentation 5.3

CYT 214

Psychophysiology

47 Seats

Session Chair	Tsung-Min Hung (National Taiwan Normal University)
1	Resting-state EEG Biomarkers for Predicting Individuals' Motor Imagery Ability and Performance Lin Yu (Bielefeld University)
2	Effects of Combined Psychological Skills Training and Neurofeedback Training on Golf Putting Performance Yu-Ting Lo (National Taiwan Normal University)
3	Effect of A Single Session of Individualized EEG Marker Neurofeedback Training on the Putting Performance of Skilled Golfers Tsung-Min Hung (National Taiwan Normal University)
4	The Effects of Eight Sessions of Personalized Neurofeedback Training on Brain Activity and Golf Putting Performance Shih-Huan Chen (University of Taipei)

Single presentation 5.4

CYT 215

Ethics and Morality in Sport

47 Seats

Session Chair	Dong Wang (Capital University of Physical Education and Sports)
1	Effect of Perceived Team Moral Atmosphere on Antisocial Behavior in Sport: The Mediating Role of Goal Orientations and Moral Disengagement Dong Wang (Capital University of Physical Education and Sports)
2	Vulnerability of Elite Athletes to Unethical Behaviours: A Scoping Review of Influences Anna Semenovao (Swansea University)
3	Interactive Intervention Promotes Clean Sport Behaviors among Youth Athletes: A Controlled Study on Doping Prevention in Track and Field Martina Giorgi (Sapienza University of Rome)

## PARALLEL SESSION 6

**Tuesday, 9 December 2025 11:45-12:45**

Panel discussion 6.1

Lecture Theatre

ISSP Editor-in-Chief panel discussion "Ask the Editor"

462 Seats

Session Chair	Robert Schinke (School of Human Kinetics Laurentian University) & Markus Raab (German Sport University Cologne)
1	ISSP Editor-in-Chief panel discussion "Ask the Editor" Robert Schinke (School of Human Kinetics Laurentian University) and Markus Raab (German Sport University Cologne), Yu-Kai Chang (National Taiwan Normal University), Amanda Reber (University of South Carolina), Greg Wood (Manchester Metropolitan University), Ian Boardley (University of Birmingham), Chris Wagstaff (University of Portsmouth), John Wang (Nanyang Technological University)

## Symposium 6.1

CYT 209A

95 Seats

Charting the Future of Sport Psychology in the United States:  
Advancing from Proficiency to Specialty

Session Chair	Jessica Bartley (United States Olympic & Paralympic Committee)
1	The Strategic Path from Proficiency to Specialty in Sport Psychology Jessica Bartley (United States Olympic & Paralympic Committee)
2	Embedding Diversity, Equity, and Inclusion in the Specialty Transition Breigh Jones-Coplin (University of Denver)
3	Building Our Mission, Vision, and Values as a Foundation for Specialty Tsz Lun (Alan) Chu (University of North Carolina at Greensboro)
4	Sustaining Growth: The Financial Strategy Behind Specialty Advancement Julia Cawthra (United States Olympic & Paralympic Committee)

## Symposium 6.2

CYT209B

78 Seats

Determinants and Promotion of Mental Health, Well-Being,  
and Quality of Life: Empirical Evidence Across Children,  
Adolescents, Athletes, and Patients

Session Chair	Yanping Duan (Hong Kong Baptist University)
1	Exploring the Correlates of Adolescent Mental Health: A Hierarchical Regression Analysis in Middle School Students from Hubei China Borui Shang (Hebei Sport University)
2	Effects of a HAPA-based Parent-focused Intervention Targeting 24-Hour Movement Behaviors in Children: A Pilot Randomized Controlled Trial Wei Liang (Shenzhen University)
3	Exploring the Effects of Mindfulness Training on Psychological Stress and Sleep Quality in Competitive Swimmers: A Mixed-Methods Approach Ning Su (Shenzhen University)
4	Effectiveness of a WeChat Mini Program-based Intervention on Promoting Multiple Health Behavior Changes Among Chinese Cardiovascular Patients in Home-Based Rehabilitation: Randomized Controlled Trial Yanping Duan (Hong Kong Baptist University)

**Workshop 6.1**

CYT 203

80 Seats

Applying the 5Cs Framework in Youth Sport: Strategies for Raising Awareness and Building Relationships

**Session Chair**

**Chris Harwood (Nottingham Trent University)**

1

Applying the 5Cs Framework in Youth Sport: Strategies for Raising Awareness and Building Relationships  
Chris Harwood (Nottingham Trent University)

**Workshop 6.2**

CYT 202

70 Seats

From Ego-States to Sport Performance: Application of Transactional Analysis

**Session Chair**

**Dylan Augustine [Sri Ramachandra Institute of Higher Education and Research (DU)]**

1

From Ego-States to Sport Performance: Application of Transactional Analysis  
Dylan Augustine [Sri Ramachandra Institute of Higher Education and Research (DU)]

**Single presentation 6.1**

CYT 201

66 Seats

Performance Psychology

**Session Chair**

**Lu Guo (Beijing Sport University)**

1

The Mechanistic Role of Mindfulness in Athletic Engagement among College Athletes: Selection of Mindfulness Programs  
Chujia Chen (Wuhan Sports University)

2

The Mechanism of Interpersonal Mindfulness on Athletes Training Satisfaction A Chain Mediating Path Analysis Based on Emotion Regulation Strategies  
Jie Zhu (Wuhan Sports University)

3

The Effect of Cognitive Reappraisal on Young Women's Affective Responses to Strength Training  
Lu Guo (Beijing Sport University)

4

Association of physical function with depressive symptoms and cognitive performance in older adults with first episode depression  
Mingqi Wang (Shandong University)

## Single presentation 6.2

CYT 214

Mental Health, Well-being, and Quality of Life

47 Seats

Session Chair	Luis Calmeiro (Nanyang Technological University)
1	Mindfulness-Integrated Intervention to Enhance Physical Fitness Engagement and Well-Being in Chinese Vocational College Students Minye Li (Zhejiang Institute of Communications)
2	Exploring the Mental Health Literacy of Singaporean Co-curricular Activity Sport Coaches Luis Calmeiro (Nanyang Technological University)
3	The Multifaceted Impact of Transformational Leadership on University Football Players: Exploring Task Cohesion and Commitment through Psychological Pathways Inwoo Kim (Dongguk University)
4	Chinese Olympic Athletes' Perceptions of Coaches' Paradoxical Leadership Bangda Hu (Loughborough University)

## Single presentation 6.3

CYT 215

Mental Health, Well-being, and Quality of Life

47 Seats

Session Chair	Matthew Bejar (San José State University)
1	The Effect of Social Jetlag on Mental Health in Adolescents: the Chain Mediating Role of Sleep Quality and Self-control Yiting Liu (Shanghai Jiao Tong University)
2	Is Stress A Foe or A Friend? The Relationship between Stress Mindset, Stress Coping, and Stress Levels Yuto Yasuda (James Cook University)
3	Dysautonomia Symptom Severity, Exercise Motives, and Barriers: Associations with Mental Well-Being and Health-Related Quality of Life Matthew Bejar (San José State University)
4	Building a Nationwide Mental Health Screening and Support System for Elite Athletes: Lessons Learned from Two Years of Using SMHAT-1 Wojciech Waleriańczyk (Institute of Sport - National Research Institute)

## PARALLEL SESSION 7

Tuesday, 9 December 2025 16:30-17:30

### Symposium 7.1

Lecture Theatre      Thinking with Culture about Care, Ethics, and Justice in Sport  
462 Seats

**Session Chair**      **Tatiana Ryba (University of Jyväskylä)**

- 1      Integrating Indigenous Filipino Psychology in sport: A Culturally Responsive and Justice-Oriented Approach to Athlete Well-being  
Maria Luisa M. Guinto (Asian South-Pacific Association of Sport Psychology)
- 2      Developing Wellbeing Systems while Navigating Individual Cultural Growth at High Performance Sport NZ  
Antoinette M. Minniti (High Performance Sport New Zealand)
- 3      Topology of Care and Inclusion in Finland's Sports Governance: An Immanent Inquiry  
Tatiana Ryba (University of Jyväskylä)

### Symposium 7.2

CYT 209B      Active Bodies, Hidden Struggles: Mental Health Across the Physically Active Lifespan  
78 Seats

**Session Chair**      **Gary C.C. Chow (The Education University of Hong Kong)**

- 1      Burnout and Motivation Among Student-Athletes in the Greater Bay Area: A Comparative Study of Hong Kong and Macao  
Gary C.C. Chow (The Education University of Hong Kong)
- 2      Is Teaching Youth a Source of Fulfillment or Fatigue? Investigating Burnout Among Physical Education Teachers  
Dominika Wilczyńska (University WSB Merito)
- 3      Running Through the Years: Depression and Anxiety in Global Multi-Marathoners Aged 50+  
Leo Lundy (Trinity College Dublin)

Panel discussion 7.1

CYT 209A

95 Seats

The Evolution and Expansion of Psychological Services for Team USA

Session Chair	Jessica Bartley (United States Olympic & Paralympic Committee)
1	The Evolution and Expansion of Psychological Services for Team USA Jessica Bartley (United States Olympic & Paralympic Committee), Karen Cogan (United States Olympic & Paralympic Committee), Julia Cawthra (United States Olympic & Paralympic Committee), Erica Force (United States Olympic & Paralympic Committee)

Workshop 7.1

CYT 203

80 Seats

Mindful Strokes: Art-Based Mindfulness for Emotional Regulation in Elite Athletes.

Session Chair	Peck Ngor How (National Sports Institute of Malaysia)
1	Mindful Strokes: Art-Based Mindfulness for Emotional Regulation in Elite Athletes. Peck Ngor How (National Sports Institute of Malaysia)

Single presentation 7.1

CYT 202

70 Seats

Youth Development

Session Chair	Zuyang Fan (Shanghai University of Sport)
1	Impaired Implicit Procedural Learning in Adults with Developmental Coordination Disorder: Insights from a Dual-Task Zuyang Fan (Shanghai University of Sport)
2	Optimizing Adolescent Cognitive Neural Resource Allocation Through Sports Training Experience: A Cross-Sectional Study Based on fNIRS Benke Xu (Shandong University)

3	Temporal Benefits of Single Moderate Intensity Continuous Training and High Intensity Intermittent Training on Adolescent Inhibitory Control and Working Memory Leiting Li (Beijing Sport University)
4	Advancing Sport, Exercise, and Performance Psychology in Nigeria: A Focus on Youth Development and Cultural Dynamics Athanasius Amasiatu (University of Port Harcourt)

Single presentation 7.2  
 CYT 201                                      Social Psychology  
 66 Seats

Session Chair		Nikos Comoutos (University of Thessaly)
1	Sharing Joys and Sorrows, Sharing Passion” - The Research on the Relation between Ultras Supporter Cultural Rituals and Identity Fusion Theory Chentianlei Su (Chongqing Technology and Business University)	
2	Exploring the Emotional and Behavioral Impacts of Leisure Nostalgia: A Comparative Study of MZ Generations in Korea and China Siqi Lu (Sungkyunkwan University)	
3	Does Sports Participation Moderate the Impact of Perceived Social Support on Cross-Cultural Adaptation? Yuqing Wang (National Institute of Fitness and Sports in Kanoya)	
4	ENLITE project: Linking Physical Activity, Flood Disaster Experiences, Eco-Anxiety, and Youth Well-Being Nikos Comoutos (University of Thessaly)	

Single presentation 7.3  
 CYT 214                                      Motivation  
 47 Seats

Session Chair		Jolly Roy [Sri Ramachandra Institute of Higher Education and Research (DU)]
1	Scenario-Informed Self-Regulations Measurement in Secondary School Physical Education Jihyun Song (University of North Carolina at Greensboro)	

2 Performance Consistency: Mitigating Sources of Target Panic  
 Jolly Roy [Sri Ramachandra Institute of Higher Education and Research (DU)]

3 How does Effort Influence Performance? An Experimental Study on the Integration of Effort into the TCTSA Using A Cognitive Task  
 Hannah Pauly (TU Dortmund University)

4 Motivational Dimensions in Selection Contexts. A Comparative Study between Sports and Business Through Various Assessment Methods  
 Birte Brinkmoeller (University of Münster)

Single presentation 7.4

CYT 215

47 Seats

Psychology of Injury, Prevention, Recovery, and Rehabilitation

Session Chair

Victor J. Rubio (University Autonoma Madrid)

1 Relationships among Psychological Readiness, Muscle Strength, and Hop Performance across Postoperative Phases after ACL Reconstruction: A Systematic Review  
 Yun-Shan Han (National Taiwan Normal University)

2 Influence of ACL Injured Athletes Cognitive and Emotional Responses on Adherence to Rehabilitation  
 Victor J. Rubio (University Autonoma Madrid)

3 Norwegian Age-specific National Team Athletes in Handball and Ice Hockey Willingness to Communicate Pain to Their Coach  
 Niils Petter Aspvik (Norwegian University of Science and Technology)

4 Integrating Psycho-Social Support for Efficient Injury Rehabilitation: A Case-Based Approach  
 Samruddhi Sonar (Deenanath Mangeshkar Hospital)

Day 3: 10 December 2025 (Wednesday)

## PARALLEL SESSION 8

Wednesday, 10 December 2025 8:30-9:30

### Symposium 8.1

Lecture Theatre

462 Seats

Embodied Motivation: Exercise Psychology in Asian Health and Lifestyle Practices

#### Session Chair

Chee Keng John Wang (Nanyang Technological University & National University of Singapore)

1

Physical Activity Research: From Psychosocial Approach to Translational Implementation for Healthcare  
Youngho Kim (Seoul National University of Science and Technology)

2

Unpacking the Cognitive Benefits of Acute Exercise: An Umbrella-Review of 30 Systematic Reviews  
Yu-Kai Chang (National Taiwan Normal University)

3

Chronotype, Sleep Pattern and Use of Technology among High School Athletes  
Chee Keng John Wang (Nanyang Technological University & National University of Singapore)

4

Digital Age: The Impact on Sleep Quality among Esports Athletes  
Jolly Roy [Sri Ramachandra Institute of Higher Education and Research (DU)]

5

Bridging Positive Psychology and Sport: An Intervention Study with Chinese University Student-Athletes  
Garry Kuan (Universiti Sains Malaysia)

### Symposium 8.2

CYT 209A

95 Seats

Dynamics of Change: Unpacking Psychological Processes In Sports And Exercise Research

#### Session Chair

Maik Bieleke (University of Konstanz)

1

Boredom Dynamics are Linked to Effort and Performance in An Incremental Cycling Task  
Maik Bieleke (University of Konstanz)

2 Towards A Comprehensive Study of Human Performance Regulation: The Role of Flexibility, Automation, and Integration in Sports Psychology Labs  
Wanja Wolff (University of Hamburg)

3 Dynamic Decision Strategies in Sports: The Exploration-Exploitation Trade-off  
Katja Rewitz (University of Hamburg)

**Symposium 8.3** The Deployment of the International Olympic Committee (IOC) Sport Mental Health Assessment Tool-1 (SMHAT-1) to Team USA  
CYT 209B  
78 Seats

**Session Chair** Julia Cawthra (United States Olympic and Paralympic Committee)

1 The Progression of the IOC SMHAT-1 for Team USA  
Julia Cawthra (United States Olympic and Paralympic Committee)

2 USOPC Psychological Services  
Erica Force and Karen Cogan (United States Olympic and Paralympic Committee)

3 Rethinking Triage: The Limitations of the APSQ in IOC SMHAT-1 Screening and the Case for Universal Administration  
Jessica Bartley (United States Olympic and Paralympic Committee)

**Workshop 8.1** Heart Rate Variability in Sport and Exercise Psychology: Applications of the Vagal Tank Theory  
CYT 203  
80 Seats

**Session Chair** Sylvain Laborde (German Sport University Cologne)

1 Heart Rate Variability in Sport and Exercise Psychology: Applications of the Vagal Tank Theory  
Sylvain Laborde (German Sport University Cologne)

Single presentation 8.1

CYT 202

Youth Development

70 Seats

Session Chair	Anil Ramachandran (Kannur University)
1	Improving Sports Performance Using Biofeedback Technique Massino Dagnino (Italian Federation of Sports Psychologists)
2	Integrating Video Feedback, Reflective Practice, and Thought Analysis to Improve Tactical Adaptability and Psychological Readiness in Junior Women Badminton Players Anil Ramachandran (Kannur University)
3	Individual Differences in Optimal Psychological Conditions For High Performance From a Self-Regulation Lens Yuto Yasuda (James Cook University)
4	Mental Skills in Practice: The Prevalence of Music, Imagery, and Their Combination Across Athlete and Coach Populations Fernando Castellar (The University of Sydney)

Single presentation 8.2

CYT 201

Psychological Performance Under Pressure

66 Seats

Session Chair	Ashutosh Acharya (SAI-Lakshmibai National College of Physical Education)
1	Anxiety Equation Changes with Task Complexity and Audience among Athletes with Diverse Performance Background: Zajonc's Social Facilitation Perspective Revisited Ashutosh Acharya (SAI-Lakshmibai National College of Physical Education)
2	Automatic Emotion Regulation Induces Attentional Avoidance of Threat in Anxious Athletes Under Pressure Li Wang (Beijing Sport University)
3	A Thematic Analysis of Lived Experience of Performance Anxiety in E-Sport Players Zhuoying Fan (Hunan University of Technology)
4	High-Functioning Anxiety in Elite Athletes: Hidden Barriers to Sustainable Vernice Richards

## Single presentation 8.3

CYT 214

Performance Psychology

47 Seats

Session Chair	Rei Amemiya (University of Tsukuba)
1	<p>“Second Place Syndrome”: What Unconscious Psychological Factors Prevent an Athlete from Winning? Valeriya Davydova (Russian Association of Sports Psychology)</p>
2	<p>Game On, Mind On: Psychological Grounding in a Professional Esports Team Yih Shin Loh (MV Asia Venture)</p>
3	<p>The Effect of Cognitive Behavioral Therapy for Insomnia on Athletes: A Randomized Crossover Trial Targeting Insomnia Symptoms Rei Amemiya (University of Tsukuba)</p>

## Single presentation 8.4

CYT 215

Mental Health, Well-being, and Quality of Life

47 Seats

Session Chair	Dominika Wilczyńska (University WSB Merito)
1	<p>HIITing Prenatal and Postpartum Depression: Insights from a Comprehensive RCT Analysis Dominika Wilczyńska (University WSB Merito)</p>
2	<p>Effects of Exercise Snacks on Anxiety, Depression, Stress, and Cognitive Function in Adolescents with Childhood Trauma Guoxiao Sun (Shandong University)</p>
3	<p>Lived Experiences of Exercise among Menopausal Women: A Reflexive Thematic Analysis Xulin Luo (Beijing Sport University)</p>
4	<p>Optimizing Exercise for Perinatal Depression: A Network Meta-Analysis Jingyi Xie (Central China Normal University)</p>

## PARALLEL SESSION 9

Wednesday, 10 December 2025 9:35-10:35

Symposium 9.1

Lecture Theatre

462 Seats

Why Does Everything Hurt and Nothing is Fun?: International Perspectives on Exercise Hedonics

Session Chair

Costas I. Karageorghis (Brunel University of London), Peter C. Terry (University of Southern Queensland)

1

The Feel-Good Factor: Optimizing Perceptual and Affective Responses During Exercise

Jasmin C. Hutchinson (Springfield College)

2

XRcise Revolution: Making You Love What You Used to Hate

Jonathan M. Bird (University College London)

3

Tune In and Tone Up: Can Brain-Break Exercise Video Ease Sport-Related Anxiety?

Garry Kuan (Universiti Sains Malaysia)

4

Stepping Outside the Xbox: A Critical Analysis of Tech-Based Exercise Interventions

Costas I. Karageorghis (Brunel University of London)

Symposium 9.2

CYT 209A

95 Seats

Body-Focused Self-Perceptions and Links to Psychological and Physical Harm in Exercise Populations

Session Chair

Ian Boardley (University of Birmingham)

1

Body-Focused Self-Perceptions and Links to Psychological and Physical Harm in Exercise Populations

Ian Boardley (University of Birmingham)

2

A Qualitative Exploration of Female Bodybuilders Perceptions of the Psychological Outcomes Associated with Anabolic-Androgenic Steroid Use

Bethany Mullarkey (University of Birmingham)

3 Fit but Never 'Enough': Body Surveillance and Emotional Harm of Women  
Bo Peng (The Chinese University of Hong Kong)

4 Group Analysis of Risk and Protective Factors for Muscle Dysmorphia in Anabolic-androgenic Steroid Using and Non-Using Recreational Strength Athletes  
Barnaby Zoob Carter (University of Birmingham)

**Symposium 9.3** **Redefining Performance: Perspectives on Athlete Well-Being and Healthy Sports Environments through Childhood Experiences and Coaching Practices**  
CYT 209B  
78 Seats

**Session Chair** **Timur Absalyamov (Sports Equity Lab at Stanford University)**

1 In Their Own Words: Multi-National Athletes' Perspectives on What Creates Healthy and Unhealthy Sports Environments  
Timur Absalyamov (Sports Equity Lab at Stanford University)

2 Associations of Abusive Supervision Among Collegiate Athletes from Equity-Deserving Groups  
Koto Imahori (Sports Equity Lab at Stanford University)

3 Supportive Behaviours in Recreational Youth Softball and Baseball: Priority Setting Partnership to Facilitate Shared Understanding Between Players, Parents, Coaches  
Hanjia Li (Sports Equity Lab at Stanford University)

4 Investigating the Impact of Adverse Childhood Experiences Inside and Outside Sport Settings in Elite and Sub-Elite Settings  
Stephanie Fryer (Sports Equity Lab at Stanford University)

**Workshop 9.1** **The Influence of Breathing Techniques on Sport Performance: A Practical Guide for Coaches and Practitioners**  
CYT 203  
80 Seats

**Session Chair** **Sylvain Laborde (German Sport University Cologne)**

1 The Influence of Breathing Techniques on Sport Performance: A Practical Guide for Coaches and Practitioners  
Sylvain Laborde (German Sport University Cologne)

Panel discussion 9.1

CYT 202

70 Seats

Private Practice and the Olympic Games - A Square Peg in a Round Hole?

Session Chair

**Karen Lo (Hong Kong Society of Sport & Exercise Psychology)**

1

Private Practice and the Olympic Games - A Square Peg in a Round Hole?

Karen Lo (Hong Kong Society of Sport & Exercise Psychology), Miyako Taneka-Oulevey (Keio University), Peter Haberl (Peter Haberl, LLC)

Single presentation 9.1

CYT 201

66 Seats

Mental Skills Training

Session Chair

**Keerthana Swaminathan (Indian Sport Psychologists' Association)**

1

Beyond the Goal: Integrating Evidence-Based Strategies to Set Goals in Sport

Keerthana Swaminathan (Indian Sport Psychologists' Association)

2

Mindfulness Can Be Calm, Yet Powerful: A Comparative Exploration of MBSR and MAC Programs

Chi Hsin Wang (National Taiwan University of Sport)

3

The Effects of Acute Mental Fatigue on Postural Control in Skill-Based Athletes

Xue Li (Beijing Sport University)

4

Self-Selected Music and Cycling Endurance: Performance Effects and Audio Feature Correlates in Time-to Exhaustion Trials

Andrew Danso (University of Jyväskylä)

## Single presentation 9.2

CYT 214

Social Psychology

47 Seats

Session Chair	Evandro Peixoto (Universidade São Francisco)
1	Critical Consciousness in Sport Scale: A Psychometric Approach to Assessing Sociopolitical Action in Brazilian Youth Athletes Evandro Peixoto (Universidade São Francisco)
2	The Effect of Table Tennis Exercise on Interpersonal Competence of Female College Students Yuxin Yuan (Beijing Sport University)
3	Social Norms and Parents' Antisocial Behaviors at Youth Sport Events in the United States Jeemin Kim (Michigan State University)
4	Identifying Effective Identity Leadership Behaviours for Exercise Class Leaders: Expert and Exercise Class Attendee Perspectives Mark Stevens (The Australian National University)

## Single presentation 9.3

CYT 215

Exercise and Physical Activity Psychology Interventions

47 Seats

Session Chair	Gao-Xia Wei (Wuhan Sports University)
1	Boosting Your Mood: How Exercise and the Amygdala Dance Together Gao-Xia Wei (Wuhan Sports University)
2	Temporal Dynamics of Affective Responses to Exercise: The Role Of Anticipation, Memory, and Exercise Intensity Małgorzata Sławińska (Institute of Sport - National Research Institute)
3	Habit Tracker: A Powerful Tool to Produce a Sustainable Habit of Active Lifestyle for Adults Rejoice Reyes (Association for Applied Sport Psychology)
4	Mediating Mechanisms Linking Testosterone and Cortisol with Aggression in Adolescent Males: A Randomized Controlled Trial Exploring the Role of Body Fat Percentage Xiang Pan (Juntendo University)

# PARALLEL SESSION 10

Wednesday, 10 December 2025 11:45-12:45

## Symposium 10.1

Lecture Theatre

462 Seats

Neuroscience, Technology, and Performance: Bridging Brain States and Real-World Outcomes in Sport

**Session Chair** **Maurizio Bertollo (University G. d'Annunzio of Chieti and Pescara)**

1

Integrating Brain-Body-Behavior Data For Performance Optimization: Augmented Technologies For The Next Generation Of Sport Psychologists  
[Maurizio Bertollo \(University G. d'Annunzio of Chieti and Pescara\)](#)

2

Shared Zones of Optimal Functioning: Psychophysiological Methods to Capture and Advance "In the Zone" States in Teams  
[Edson Filho \(Boston University\)](#)

3

Guided and Self-Produced Imagery - Differences in brain microstates  
[Dagmara Budnik-Przybylska \(University of Gdansk\)](#)

4

Acute Neurological Consequences of Repetitive Heading in Soccer Players  
[Greg Wood \(Manchester Metropolitan University\)](#)

## Symposium 10.2

CYT 209A

95 Seats

Ecological Approaches to Athlete Transition Inquiry

**Session Chair** **Robert Schinke (Laurentian University)**

1

Ecological Approaches to Athlete Transition Inquiry  
[Robert Schinke \(Laurentian University\)](#)

2

Sport and Physical Activity as Culturally Safe Spaces During Cultural Transitions  
[Thierry R. F. Middleton \(University of Portsmouth\)](#)

3 The Psychological Strategies for Youth Athletes Transitioning into Elite-level Sport in a Cultural Context  
YangGe (Beijing Sport University)

4 Understanding Elite Athletes' Meta-Transitions within the Chinese Whole Nation System: A Cultural Perspective  
Yufeng Li (Laurentian University)

Workshop 10.1

CYT 203

80 Seats

Who Am I? Visual Approaches to Working with Youth Athletes on Identity Exploration

Session Chair

Tsz Lun (Alan) Chu (University of North Carolina)

1 Who Am I? Visual Approaches to Working with Youth Athletes on Identity Exploration  
Tsz Lun (Alan) Chu (University of North Carolina), Karen Lo (Hong Kong Society of Sport and Exercise Psychology)

Workshop 10.2

CYT 202

70 Seats

Cultivating Cultural Competence in Sport Psychology: A Journey Towards Inclusive Practice

Session Chair

Breigh Jones-Coplin (University of Denver)

1 Cultivating Cultural Competence in Sport Psychology: A Journey Towards Inclusive Practice  
Breigh Jones-Coplin (University of Denver)

Panel discussion 10.1

CYT 209B

78 Seats

High Performance Sport NZ Mental Health and Wellbeing Systems: Achieving Alignment and Role Clarity

Session Chair

Antoinette Minniti (High Performance Sport New Zealand)

1 High Performance Sport NZ Mental Health and Wellbeing Systems: Achieving Alignment and Role Clarity  
Antoinette Minniti (High Performance Sport New Zealand), Bruna Lima (High Performance Sport New Zealand), John Sullivan (High Performance Sport New Zealand)

Single presentation 10.1

CYT 201

Cognitive Functions

66 Seats

Session Chair	Weiqi Zheng (Beijing Sport University)
1	The Role of Analogical Instructions in Motor Learning and Memory Weiqi Zheng (Beijing Sport University)
2	Effects of Acute Exercise with Different Cognitive Demands on Inhibitory Control in Elementary School Children Chen Chang (National Taiwan Normal University)
3	Enhancing Inhibitory Control in Young Adults: The Added Effect of Mindfulness to Acute High Intensity Interval Training Kyoungmin Noh (Purdue University)
4	Toward Ecological Validity: A Psychometric Evaluation of a Motor-Cognitive Task Integrating Executive Function and Physical Performance Lee-Xiang Lee (National Cheng Kung University)

Single presentation 10.2

CYT 214

Professional Development, Training, and Mentorship

47 Seats

Session Chair	Kuldeep Singh (National Sports University, Imphal, Manipur)
1	Neurocognitive Training Applications in Sports Psychology: A Theoretical Framework for National Sports University, Manipur, India Kuldeep Singh (National Sports University, Imphal, Manipur)
2	Reflecting on My Journey as a Supervisor: Insights from Supervision Keerthana Swaminathan (Indian Sport Psychologists Association)
3	Australian Institute of Sport Performance Psychology Peer Supervisory Network Kristine Dun (Australian Institute of Sport)

- 4 Dynamic Neuro-Cognitive Imagery for Enhancing Motor and Cognitive Aspects of Sports and Dance Performance  
Eric Franklin (The International Institute for the Franklin Method)

## Single presentation 10.3

CYT 215

Cognitive Functions

47 Seats

Session Chair	Zhang Meng (Shanghai University of Sport)
1	The Relationship between Cardiorespiratory Fitness and Emotional-Related Cognitive Flexibility in Late-Middle Aged and Older Adults: A Pilot study Yun-Hsin Hsueh (National Taiwan Normal University)
2	Spatio temporal Patterns of Exercise-Induced Neural Activation: A Meta-Analysis of fMRI Studies Zhang Meng (Shanghai University of Sport)
3	The Relationship Between the Muscular Fitness and Emotional-Related Cognitive Flexibility in Late Middle-Aged and Older Adult: A Pilot Study Michael Chen (National Taiwan Normal University)
4	The Effects of Exercise Interventions on Adults with ADHD: A Systematic Review Qiqi Feng (Central China Normal University)

Day 4: 11 December 2025 (Thursday)

# PARALLEL SESSION 11

Thursday, 11 December 2025 8:30-9:30

Panel discussion 11.1 East v. West: Comparing and Contrasting Olympic  
Lecture Theatre Psychological Services between the United States and the  
462 Seats People's Republic of China and Hong Kong China

**Session Chair** Jessica Bartley (United States Olympic & Paralympic Committee)

1 East v. West: Comparing and Contrasting Olympic Psychological Services between the United States and the People's Republic of China and Hong Kong China  
Jessica Bartley (United States Olympic & Paralympic Committee), Karen Cogan (United States Olympic & Paralympic Committee), Henry Li (Hong Kong Sports Institute), Gangyan Si (Hong Kong Sports Institute), Xiaobo Jiang (Hong Kong Sports Institute)

Symposium 11.1 Integrating Effort and Performance Dynamics in Sport and  
CYT 209A Exercise Psychology: New Theoretical and Methodological  
95 Seats Insights

**Session Chair** Darias Holgado (UniDistance Suisse)

1 Towards a Multimodal Integration of Effort and Performance Dynamics  
Lukas Hack (University of Hamburg)

2 Time and Effort Preferences for Exercise-Related Decision-making  
Sena Özay-Otgonbayar (University of Hamburg)

3 Why We Do Not Exercise Enough: The Role of Boredom and Value of Physical Effort  
Corinna S. Martarelli (UniDistance Suisse)

4 Is Intense Exercise Bad for Your Mind? Subjective, Behavioral and Physiological Responses to A Cognitive Effort to Failure  
Darias Holgado (UniDistance Suisse)

Symposium 11.2  
 CYT 209B  
 78 Seats  
 Mindfulness Training in Elite Sports: Cross-Cultural Perspectives, Practical Applications, and Empirical Evidence

Session Chair	Chun-Qing Zhang (Sun Yat-sen University)
1	Application of Mindfulness-Related Psychological Training Theories and Methods in Elite Sports: A Cross-Cultural Comparative Study Zhijian Huang (Wuhan Sports University)
2	Application of Mindfulness Meditation in the Chinese Shotgun Team's Preparation for the Paris Olympics Guoming Zhao (Beijing Research Institute of Sports Science)
3	Efficacy of Mindfulness Training for Chinese Elite Shooting and Archery Athletes: A Single Group Pre-Posttest Intervention Chun-Qing Zhang (Sun Yat-Sen University)
4	Effects of Mindfulness Training on Mental Health among Chinese Elite Athletes: A Randomized Controlled Trial Danran Bu (Hubei University)

Workshop 11.1  
 CYT 203  
 80 Seats  
 Healing Across the Lifespan: How Epigenetic and Developmental Traumas Impact on Performance

Session Chair	Alessia Bruno (Private Practice - Performance Expansion)
1	Healing Across the Lifespan: How Epigenetic and Developmental Traumas Impact on Performance. Alessia Bruno (Private Practice - Performance Expansion)

Single presentation 11.1  
 CYT 202  
 70 Seats  
 Mental Health, Well-being, and Quality of Life

Session Chair	Dominika Wilczyńska (University WSB Merito)
1	Does a Career in Sport Make You Happy? The Phenomenon of Professional Burnout Among Physical Education Teachers and Athletes Dominika Wilczyńska (University WSB Merito)

2 The role of Passion and Athlete Identity in Burnout among Athletes: A Systematic Review  
Rashmeka Narayanan (Nanyang Technological University)

3 The Influence of Physical Exercise on Learning Burnout in College Students: The Chain Mediating Role of Self-Control and Coping Styles  
Zehui Zhou (Zhaoqing University)

Single presentation 11.2

CYT 201

Motivation

66 Seats

**Session Chair Masato Kawabata (Rikkyo University)**

1 Revisiting Motivation in the Context of Indian Sports: A Qualitative Exploration of Cultural Influences among Elite Athletes  
Divya Jain (GD Goenka University)

2 Examining An Affect-based Exercise Motivation Model with Disability Sport Athletes  
Jeffrey Martin (Wayne State University)

3 For Fitness or Spiritual Growth? Exploring the Reasons for Practicing Yoga Among Various Participant Subgroups  
Jonathan Cagas (University of the Philippines Mindanao)

4 Examining the Factorial Validity and Reliability of A Japanese Version of the Sport Motivation Scale-II  
Masato Kawabata (Rikkyo University)

Single presentation 11.3

CYT 214

Performance Psychology

47 Seats

**Session Chair Kelvin Ing (Hult International Business School)**

1 Self-regulatory Competences of Analog Astronauts and Adherence to Daily Activities and Physical Training Programs During A 1-Week-Long Mission inside An Earth-Based Habitat – A Pilot Study  
Malgorzata Siekanska (University of Physical Culture in Krakow)

- 2 Exploring Athletes' Experiences of the Effects of Psychedelics on Sport Performance and Mental Wellbeing  
Kelvin Ing (Hult International Business School)
- 3 One Step After Another: From the Itinerary of A Race to the Itinerary of A Life: Exploring the Transferability of Resilience Skills among Trail Runners  
Roberta Antonini Philippe (University of Lausanne)
- 4 The Effect of Coach Autonomy Support on Athletes' Training Engagement: The Mediating Roles of Interpersonal Sensitivity and Mental Fatigue  
Yingchun Wang (Beijing Sport University)

## Single presentation 11.4

CYT 215

Harassment, Violence, and Safe sport

66 Seats

Session Chair	Molly Tryphena Highfield (University of Canberra)
1	Developing Women Athletes on Olympic Sailing Pathways: Stakeholder Perceptions of Holistic Barriers and Enablers Molly Tryphena Highfield (University of Canberra)
2	Interpersonal violence in sports: Gender differences among Mexican athletes Orlando Reyes [Universidad Autónoma de Nuevo León (Autonomous University of Nuevo León)]
3	Young Maltese Talent Challenged! The Sport Psychology Consultant's Role in Supporting Underage Footballers' Domestic Transfers Adele Muscat (University of Malta)
4	Harassment and Retention of Handball Referees in Norway Ingar Mehus (Norwegian University of Science and Technology)

## PARALLEL SESSION 12

Thursday, 11 December 2025 9:35-10:35

### Symposium 12.1

Lecture Theatre  
462 Seats

The Role of High-Performance Sport Environments in Mental Health

#### Session Chair

Kristoffer Henriksen (University of Southern Denmark)

1

Mental Health in an Australian Elite Sport Context: An Ecological Approach  
Lisa Olive (Deakin University)

2

Implications and Recommendations for the Implementation of Elite Athlete Mental Health Support Services  
Samuel Giles (Nottingham Trent University)

3

The Making of a High-Performance Model for Mental Health for Team USA  
Jessica Bartley (United States Olympic & Paralympic Committee)

4

Mental Health and Performance of High-Performance Coaches and how it may be Associated with Athletes Mental Health and Performance  
Göran Kenttä (The Swedish School of Sport and Health Sciences)

### Symposium 12.2

CYT 209A  
95 Seats

Excellence in Sports Psychology - Navigating Mental Challenges for Peak Performance: Insights from India

#### Session Chair

Guneet Inder Jit Kaur (Central University of Rajasthan)

1

Sporting Excellence: The Psychology of Performance Under Pressure  
Jitendra Mohan (Panjab University)

2

Coaching Excellence: Psychological Strategies for Developing Elite Athletes  
Meena Sehgal (Panjab University)

3	Strengthening the Mental Game: Applied Perspectives from Indian Sports Psychology Anuradha Solanky Solanky (Sports Authority of India)
4	Advancing Mental Training in Sport: The Role of Technology in Psychological Preparation of Athletes Kuldeep Singh (National Sports University, Imphal, Manipur)
5	Integrating Rational Emotive Behavior Therapy (REBT) in Sports Injury Rehabilitation Guneet Inder Jit Kaur (Central University of Rajasthan)

Workshop 12.1 CYT 203 80 Seats	Performance Decompression: The UKSI and TeamGB Approach to Performance Decompression Following Olympic and Paralympic Games in Tokyo and Paris
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<b>Session Chair</b>	<b>Danielle Adams Norenberg (UK Sports Institute)</b>
1	Performance Decompression: The UKSI and TeamGB Approach to Performance Decompression Following Olympic and Paralympic Games in Tokyo and Paris Danielle Adams Norenberg (UK Sports Institute)

Panel discussion 12.1 CYT 209B 78 Seats	Superior Performance in Sports: Empirical Findings and Theoretical Developments
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<b>Session Chair</b>	<b>Gershon Tenenbaum (Ariel University)</b>
1	Superior Performance in Sports: Empirical Findings and Theoretical Developments Gershon Tenenbaum (Ariel University), Assaf Lev (Ono Academic College), Omer Eldadi (Reichman University), Elia Morgulev (Kaye Academic College of Education)

Single presentation 12.1

CYT 202

Youth Development

70 Seats

Session Chair	Dennis Dreiskämper (TU Dortmund University)
1	Health-related Outcomes of Youth Sport Participation: A systematic Review and Meta-analysis Andreas Stenling (Umeå University)
2	Psycho-social Health and Sports Club Activity of Young People - Longitudinal Results of The Representative Move for Health Study Dennis Dreiskämper (TU Dortmund University)
3	Effects of High-Altitude Outward Bound on Personal Growth Initiative in College Students: A Pilot Experimental Study Xinghui li (Tianjin University)

Single presentation 12.2

CYT 201

Cognitive Functions

66 Seats

Session Chair	Sorokhaibam Premananda Singh (National Sports University, Imphal, Manipur)
1	Effect of Exercise Level and Fatigue Status on Multi-Object Tracking Performance in Female Football Players Liu shuqiang (Shanghai Research Institute of Sports Science)
2	There is No Supporting Evidence for The Claim That Generic Perceptual and/or Cognitive Training Improves Sports Performance Job Fransen (Charles Sturt University)
3	The Effect of Temporal Expectation on the Attentional Blink: Behavioral and ERP Evidence Zhiwei Wang (Shanghai University of Sport)
4	Effect Of 6 Weeks Neurocognitive Training On Reaction Time And Agility Of Football Players Sorokhaibam Premananda Singh (National Sports University, Imphal, Manipur)

## Single presentation 12.3

CYT 214

47 Seats

Psychology of Injury, Prevention, Recovery, and Rehabilitation

Session Chair	Yaeko Yamada (Otemon Gakuin University)
1	Screening for Coaching Harassment: Differences in Basic Psychological Needs and Life Skills among Japanese Students Yaeko Yamada (Otemon Gakuin University)
2	Reciprocal Relations Between Mental Health and Injury Severity in Youth Sport: A Dynamic Structural Equation Modeling Approach Sofia Levin (Umeå University)
3	Identifying Research Topics and Evolution of Physical Activity in Children and Adolescents With Intellectual Disabilities: A Bertopic Modeling Approach Bianjiang Zhang (East China Normal University)

## Single presentation 12.4

CYT 215

47 Seats

Mental Health, Well-being, and Quality of Life

Session Chair	Bin Wang (Central China Normal University)
1	Latent Profile Analysis of Gambling Addiction Among Chinese Sports Lottery Players: Characteristics and Influencing Factors Bin Wang (Central China Normal University)
2	Do Sports Gambling Warning Influence Chasing Behavior? The Role of Expression and Framework Xinyu Cai (Central China Normal University)
3	A Family Perspective on Longitudinal Relationship Between Exercise and Health: Insights from Cross-lagged Panel Network Analyses Yunru Shao (Beijing Sport University)
4	A qualitative exploration of mental health help-seeking among Australian sports officials Riki Lindsay (Federation University)

## PARALLEL SESSION 13

Thursday, 11 December 2025 11:45-12:45

Panel discussion 13.1

Lecture Theatre      **Where are the Women in Sport and Exercise Psychology?**  
462 Seats

**Session Chair**      **Diane L. Gill (University of North Carolina at Greensboro)**

- 1      Where are the Women in Sport and Exercise Psychology – Part 2 Who are They and What are They Doing?  
Diane L. Gill (University of North Carolina at Greensboro), Tatiana Ryba (University of Jyväskylä), Toni Minniti (High Performance Sport New Zealand), Seyun Park (Chungnam National University), Shivjot Gill (Indian Institute of Technology)

Symposium 13.1

CYT 209A      **Navigating Transitions in Times of Change: Identity, Resilience, and Meaning Across Critical Elite Sport Contexts**  
95 Seats

**Session Chair**      **Michael J. Schmid (University of Bern)**

- 1      Sustaining Peak Performance in Wartime: Sport as a Source of Identity, Resilience, and Purpose Among Elite Ukrainian Athletes  
Mariya Yukhymenko-Lescroart (California State University Fresno)
- 2      Development of Meaning and Sources of Meaning After Retirement From Elite Sport  
Michael J. Schmid (University of Bern)
- 3      The Dynamics of Disability Identity and Retirement  
Jeffrey J. Martin (Wayne State University)

Symposium 13.2

CYT 209B      **From Margin to Mainstream: Building an Ethically informed and Systemically Sport Psychology for India**  
78 Seats

**Session Chair**      **Sahen Gupta (University of Portsmouth)**

- 1      Steering the Compass: Reflections of the Application of ISSP-Ethical Codes of Conduct as A Sport Psychology Practitioner in India  
Varadayini Gorhe (INSPA Sport Psychologists' Association)

2 Understanding the Role of Psychological Safety in Challenge and Threat States among Indian Adolescent Athletes  
 Keerthana Swaminathan (University of Staffordshire)

3 Sport Psychology Interventions in India: A Scoping Review Protocol  
 Parinaaz Irani (INSPA Sports Psychologists' Association)

4 How Do The "4rs Framework" Work in Indian Sport Organizations? A Stakeholder Experience of Working in Indian Sport Ecosystem  
 Sahen Gupta (Univesity Of Portsmouth)

Workshop 13.1

CYT203

80 Seats

Neuro Mindful in Sport: From Theory to Good Practice in PST in Action: Enhancing Athletic Performance through Mindfulness and Neurofeedback

Session Chair

Chatkamon Singnoy (Burapha University)

1 Neuro Mindful in Sport: From Theory to Good Practice in PST in Action: Enhancing Athletic Performance through Mindfulness and Neurofeedback  
 Chatkamon Singnoy (Burapha University)

Single presentation 13.1

CYT 202

70 Seats

Cognitive Functions

Session Chair

Guanyu Zhang (China Institute of Sport Science)

1 Tai Chi Training Increases Prefrontal and Parietal Activity Underlying Stroop Interference in Early Parkinson's Disease  
 Guanyu Zhang (China Institute of Sport Science)

2 The Effect of Sports Experience on Motor Execution and Motor Imagery During Different Movements: an fNIRS Study  
 Jie Yin (Beijing Sport University)

3 Exercise Snacks Enhance Cognitive Function in Adolescents: Evidence from fNIRS and Behavioral Studies  
 Benke Xu (Shandong University)

4 The Priority of Self-Referential Rule Representations in Guiding Response Output in Working Memory  
 Songling Han (Shanghai University of Sport)

Single presentation 13.2

CYT 201

Mental Health, Well-being, and Quality of Life

66 Seats

Session Chair	Josef Bartos (Academy of Performing Arts in Prague)
1	Self-Criticism, Self-Compassion, and Other Related Variables as Factors of Well-Being in Czech Dance Conservatories Josef Bartos (Academy of Performing Arts in Prague)
2	Impostor Phenomenon in Sport: Prevalence and Associations with Mental Health and Self-Compassion in Swedish Athletes Stefan Holmström (Umeå Universitet)
3	Exploring How Indian Young Athletes Understand and Apply Self-Compassion Neha Parekha (Christ University)

Single presentation 13.3

CYT 214

Mental Health, Well-being, and Quality of Life

47 Seats

Session Chair	Peiyu Wu (National Chengchi University)
1	The Effects of Aerial Yoga on the Physical and Mental Health of Children in Institutional Care Peiyu Wu (National Chengchi University)
2	Examining Psychological Well- and Ill-being in Female Adolescents Using A New Self-Report Measure: Initial Validation and Testing for Differences in Sport vs. Non-Sport Participants Sophie Chatwin (Manchester Metropolitan University)
3	Advancing Swimming Competence in Young Children: Cultural Disparities, Developmental Progression, and Longitudinal Outcomes Shebe Xu (The Education University of Hong Kong)

## Single presentation 13.4

CYT 215

Youth Development

47 Seats

Session Chair	Dominika Wilczyńska (University WSB Merito)
1	From Inspiration to Victory: How the i7W Model Shapes the Psychological Well-Being of Young Athletes Dominika Wilczyńska (University WSB Merito)
2	Coaches' Perspectives from a 5Cs Psychological Skills Intervention in an MLS Football Academy Dadi Rafnsson (Reykjavik University)
3	College Athletes' Perception of Self-regulation Competence Development - a Pilot Study Malgorzata Siekanska (University of Physical Culture in Krakow)
4	A Quantitative Method for Training Goals in Goal Orientation Training: Evidence from a Case Study on One Elite Athlete Xun Sun (China Institute of Sport Science)

Day 5: 12 December 2025 (Friday)

## PARALLEL SESSION 14

Friday, 12 December 2025 8:30-9:30

### Symposium 14.1

Lecture Theatre

462 Seats

Sport Psychology Science to Practice in the Chinese Whole Nation System: Collegiate to Olympic Performance

#### Session Chair

Liwei Zhang (Beijing Sport University)

1

The Effect of Ritualized Behaviors on Attention Bias and Sports Performance of Basketball College Athletes under Pressure

Meirong Sun (Beijing Sport University)

2

The Effect of Mindfulness Training on Chinese Collegiate Athletes' Burnout

Yin Yang (Beijing Sport University)

3

The Mental State Fluidity for Elite Athletes Transitioning to Olympic Games

Yang Ge (Beijing Sport University)

4

How Do Chinese Sport Psychologists help Athletes for Olympic Preparations?

Liwei Zhang (Beijing Sport University)

### Workshop 14.1

CYT 209A

95 Seats

Social Media Opinion's Impact on Adaptive Sports Arbitration in Pseudo Information Environment

#### Session Chair

Shuhui Zhang (Hunan International Economics University & Central China Normal University)

1

Social Media Opinion's Impact on Adaptive Sports Arbitration in Pseudo Information Environment

Shuhui Zhang (Hunan International Economics University & Central China Normal University)

Workshop 14.2

CYT 203

80 Seats

Experiencing Body Awareness: A Body-focused Exploration on How We Connect to Ourselves and Others

Session Chair

Gábor Barta (Károli Gáspár University)

1

Experiencing Body Awareness: A Body-focused Exploration on How We Connect to Ourselves and Others

Gábor Barta (Károli Gáspár University)

Workshop 14.3

CYT 209B

78 Seats

Social Meditation and the Elite Athlete. An Innovation in Mindfulness Practice

Session Chair

Peter Haberl (Peter Haberl, LLC)

1

Social Meditation and the Elite Athlete. An Innovation in Mindfulness Practice

Peter Haberl (Peter Haberl, LLC)

Single presentation 14.1

CYT 201

66 Seats

Psychological Performance Under Pressure

Session Chair

Yujiro Kawata (Juntendo University)

1

Optimal Action in High Speed Disciplines: An Empirical Approach to the Psychological Regulation of Action based on the Action Spaces of Speed Sports and Jet Aviation

Gustav Weder

2

Effects of Reward and Punishment Pressure on Badminton Players' Decision-Making

Lixin Ai (Tianjin Normal University)

3

Emotion Regulation Enhances Passing Decision-making Under Pressure in Basketball Players: An fMRI study

Yujiro Kawata (Juntendo University)

Single presentation 14.2

CYT 214

Performance Psychology

47 Seats

Session Chair	James Clark (University of the Sunshine Coast)
1	The Relationship Between Openness and Resilience in Free Divers: Distinct Roles of Flow and Clutch States Ting-Yu Ku (Florida State University)
2	The Short Form Athletic Mental Energy Scale (AMES-SF): Examination of Construct Validity, Reliability, and Gender Invariance Wei-Jiun Shen (Chinese Culture University)
3	What Does Mental Toughness Look Like? A Scoping Review and Directions for Future Research James Clark (University of the Sunshine Coast)
4	Mental Toughness among Raiders and Defenders in Kabaddi Players Shreethikha Mn [Sri Ramachandra Institute of Higher Education and Research (DU)]

Single presentation 14.3

CYT 215

Career Development and Transitions

47 Seats

Session Chair	Adele Muscat (University of Malta)
1	Factors Affecting Athlete Mental Health Throughout Career Transitions: A Systematic Review Taylah McCluskey (The Australian National University)
2	Dual Career Navigation: Challenges and Support Needs of Divisional Cricketers Aravind Athrey (M.S. Ramaiah University of Applied Sciences)
3	Late Bloomer, Outsider, and Visionaries: Typology of Indonesian University Student-Athletes Based on Their Psychosocial Challenges and Relationship with The University Kurniati (Kay) Rahayuni (Universitas Negeri Malang)

## PARALLEL SESSION 15

Friday, 12 December 2025 9:35-10:35

Symposium 15.1  
Lecture Theatre  
462 Seats

Advancing the Science of Mindfulness in Sport and Exercise—From Social Psychology to Cognitive Neuroscience

**Session Chair** Yu-Kai Chang (National Taiwan Normal University)

- |   |  |
|---|--|
| 1 | Differences in Mental Toughness Across Mindfulness Levels in Adolescent Dancers<br>Nai-Chi Chen (National Taiwan Normal University)  |
| 2 | Effect of Mindfulness Training on Endurance Performance: Moderating Role of Frontal Alpha Asymmetry Response to Distress<br>Dong-Tai Chen (National Taiwan Normal University)                            |
| 3 | The Relationship Between Endurance Performance, Mindfulness, and Frontal Beta Oscillations in Distance Runner<br>Yun-Rui Yang (National Taiwan Normal University)  |
| 4 | Effect of Mindfulness Training on Mental Fatigue-Related Impairments of Endurance Performance and Inhibitory Control in Athletes: An Event-Related Potential Study<br>Jui-Ti Nien (University of Taipei) |

Symposium 15.2  
CYT 209A  
95 Seats

Transcending Borders: Rethinking Sport Psychology through Cultural Praxis

**Session Chair** Rebecca Wong (University Putra Malaysia)

- |   |   |
|---|---|
| 1 | Exploring Psychological Safety in Malaysia's Elite Sport: A Culturally Reflexive Case Study<br>Rebecca Wong (University Putra Malaysia)   |
| 2 | Layering Reflexivity into Community Sport Research and Practice<br>Thierry R. F. Middleton (University of Portsmouth)   |
| 3 | Beyond the Boundary Line: A Critical Reflection on the Intersection of Culture, Power, and Applied Sport Psychology Practice in India<br>Varadayini Gorhe (INSPA Sport Psychologists Association) |

**Symposium 15.3**

CYT 209B

78 Seats

**Synthesizing the Evidence: Meta-Analytic Insights into Sports Psychology, Behavior, and Performance**

**Session Chair**

**Diana L. Y. Su (Southwest Petroleum University)**

1

Effects of Errorless Motor Learning on Performance Outcomes: A Systematic Review and Meta-analysis

Yuen Ting Wong (Hong Kong Metropolitan University)

2

Movement-Specific Reinvestment and Motor Performance: A Meta-analysis

Tracy C. W. Tang (The Chinese University of Hong Kong)

3

A Meta-Analysis of Parental Social Influences on Child and Adolescent Physical Activity Level

Diana L. Y. Su (Southwest Petroleum University)

4

Preventing Unintentional Doping in Sport: A Preliminary Systematic Review of the Psychological and Behavioural Factors

Derwin K. C. Chan (Hong Kong Metropolitan University)

**Symposium 15.4**

CYT 202

70 Seats

**Mental health promotion through and for entourage members in high-performance sport**

**Session Chair**

**Paul Wylleman (Vrije Universiteit Brussel), Yago Ramis (Universitat Autònoma de Barcelona)**

1

Promoting high-performance athletes' mental health through their entourage

Paul Wylleman (Vrije Universiteit Brussel)

2

Mental health and mental health promotion strategies of European high-performance entourage members

Chris Harwood (Nottingham Trent University)

3

An intervention to enhance entourage members' mental health promotion competencies in high-performance sport

Göran Kenttä (The Swedish School of Sport and Health Sciences)

Workshop 15.1

CYT 203

80 Seats

Design Thinking in Sport and Exercise Performance  
Psychology: A Human-Centered Approach for Innovation

Session Chair	Iman Hassan (University of Denver)
1	Design Thinking in Sport and Exercise Performance Psychology: A Human-Centered Approach for Innovation Iman Hassan (University of Denver), Sydney Graper (University of Ottawa)

Single presentation 15.1

CYT 201

70 Seats

Youth Development

Session Chair	Evandro Peixoto (Universidade São Francisco USF)
1	Relations Between the 5Cs of Positive Youth Development and the Big Five Personality Traits in Brazilian Youth Athletes Evandro Peixoto (Universidade São Francisco USF)
2	Youth Sport in Africa: Policy and Programs Tshepang Tshube (University of Kentucky)
3	Assessment of Talent Development in Indian Female Boxers through Environmental and Self-Regulation Frameworks Vijendra Kumar Grover (Manipal University Jaipur)
4	Positive Youth Development in Timor-Leste Yongchul Chung (Sogang University)

Single presentation 15.2

CYT 214

47 Seats

Self-concept and Identity in Sport and Exercise

Session Chair	Anaurene Roy (St Joseph's Univeristy)
1	Reframing Body Shaming in Elite Sport: A Narrative Case Study Using Kintsugi as a Cross-Cultural Therapeutic Metaphor Anaurene Roy (St Joseph's Univeristy)
2	Better at What Cost? The Effect of Descriptive Norm Feedback on Exercise Performance, Exertion, and Self-Concept Olivia Davies (Australian National University)

3 Balancing Dual Roles: Academic and Athletic Identities as Predictors of Institutional Commitment Among NCAA Division I and Club Sport Athletes  
 Mariya Yukhymenko-Lescroart (California State University)

Single presentation 15.3

CYT 215

Innovative Methodologies

47 Seats

Session Chair	Hongying Fan (Beijing Sport University)
1	Development of an Emotional Picture Database for Sports Context Hongying Fan (Beijing Sport University)
2	A Multidimensional Validation of Self-Report Measures through Latent Profile and Machine Learning-Based Identification of Mindfulness Traits in Athletes Shiqing Hao (Wuhan Sports University)
3	Emotions as Predictive, Context-Dependent Constructions: Futuristic Pathway Siddarth Shandilya [Sri Ramachandra Institute of Higher Education and Research (DU)]
4	Behavior Coding: Identifying Patterns of Aggressive Behavior in a Field Context Kshitij Rajwade [Sri Ramachandra Institute of Higher Education and Research (DU)]

## PARALLEL SESSION 16

Friday, 12 December 2025 11:45-12:45

Panel discussion 16.1

Lecture Theatre

462 Seats

The Scientist Practitioner in Sport Psychology: Best of Both Worlds or Double Jeopardy?

Session Chair	Paul Wylleman (Vrije Universiteit Brussel)
1	The Scientist Practitioner in Sport Psychology: Best of Both Worlds or Double Jeopardy? Paul Wylleman (Vrije Universiteit Brussel), Chris Harwood (Nottingham Trent University), Rebecca Wong (University of Putra Malaysia), Hafrún Kristjánsdóttir (Reykjavík University), Kristoffer Henriksen (University of Southern Denmark)

## Symposium 16.1

CYT 209A

95 Seats

Embracing Psychology for Anti-doping: An Integrated Perspective of Scientific Mapping, Implicit Attitudes, Functional Use Theory, and Motivation Profiles

## Session Chair

Shuge Zhang (Hunan University of Technology)

1

A Scientific Mapping of Key Themes and Thematic Evolution of 25 Years' Social Science Research in Anti-Doping from 1999 To 2024

Shuge Zhang (Hunan University of Technology)

2

Implicit Doping Attitudes and Unintentional Doping Avoidance: A Cross-societal Experiment in Sport

Derwin K. C. Chan (Hong Kong Metropolitan University)

3

A Path Analysis of Doping-related Psychosocial Variables in Karate

Zsofia Keresztes (University of Birmingham)

4

Motivation Profiles and Doping in Sport and Exercise: A Person-centered and Integrated Approach Based on Achievement Goal and Self-determination Theories

Ian D. Boardley (University of Birmingham)

## Symposium 16.2

CYT 209B

78 Seats

Manipulating the Cognitive Engagement Involved in Exercise to Alter Its Effect on Cognition and Emotion

## Session Chair

Shih-Chun (Alvin) Kao (Purdue University)

1

Physical activity and social interaction in primary school children: Independent and combined effects on executive functions?

Valentin Benzing (University of Bern)

2

Cognitive engagement and social interaction in sports: Acute effects on affect and enjoyment in youth.

Spyridoula Vazou (Michigan State University)

3

Motor complexity modulates the acute effects of exercise on resting-state brain dynamics: An EEG study with Holo-Hilbert Spectral Analysis.

Chun-Hao Wang (National Cheng Kung University)

- 4 Enhancing affect and emotional reactivity via a single bout of mindful aerobic exercise.  
 Shih-Chun (Alvin) Kao (Purdue University)

**Workshop 16.1**      **Where Theory Meets Chaos: Navigating as a Sport Psychologist in High-Pressure Situations in Professional Sports**  
 CYT 203  
 80 Seats

Session Chair	Dominik Sárkány (Mathias Corvinus Collegium)
1	Where Theory Meets Chaos: Navigating as a Sport Psychologist in High-Pressure Situations in Professional Sports Dominik Sárkány (Mathias Corvinus Collegium)

**Single presentation 16.1**  
 CYT 202      **Mental Health, Well-being, and Quality of Life**  
 70 Seats

Session Chair	Andrew Danso (University of Jyväskylä)
1	Investigating the Isolated and Combined Effects of Music and Mental Imagery on Motor Skill Performance and Psychological Variables Fernando Castellar (The University of Sydney)
2	Equanimity in Athlete Holistic Wellbeing and Performance Optimization Urmi Gupta (Sri Sri University)
3	How Do Music and Personalised Systems Influence Exercise? Insights from Two Meta-Analyses Andrew Danso (University of Jyväskylä)
4	In the Flow with the Beat: Music, Performance, and Synchronization in Swimming Matteo Chies (Università di Trento)

## Single presentation 16.2

CYT 201

Technology in Exercise and Sport

66 Seats

Session Chair	Adel Belkadi (University of Mostaganem)
1	Comparative Analyses of Implementation of Connected Sensors on Heart Rate Variability in Middle School Judo Athletes Versus Non-Athletes Adel Belkadi (University of Mostaganem)
2	“Ansiedômetro”: A Real-Time Solution for Measuring Competitive Anxiety in College Athletes Kaio Borges Guerrero (State University of Campinas)
3	Technology Application in Applied Sport Psychology: A one-year Follow Up Case Study on A Professional Baseball Pitcher Wen-Hsuan Chang (ExeBrain Co., Ltd.)

## Single presentation 16.3

CYT 214

Social and Environmental Influences of Exercise and Physical Activity

47 Seats

Session Chair	Xinzhi Hu (South China Normal University)
1	The Mediating Role of Parental Action Planning and Support in Promoting Physical Activity in Children and Adolescents with Autism Spectrum Disorder Xinzhi Hu (South China Normal University)
2	Mechanism of Rural Autistic Families’ Sustained Willingness to Participate in Exercise Under Information Cocoon Effect Shuhui Zhang (Hunan International Economics University & Central China Normal University)
3	Parental and Community Influences on South Asian Youth’s Sport Identity in Hong Kong Hamza Saghir ASLAM (Hong Kong Baptist University)
4	Values, motivation, and subjective/objective physical activity among Chinese sports science students Yan Liang (University Rennes 2)

Single presentation 16.4

CYT 215

Self-concept and Identity in Sport and Exercise

47 Seats

**Session Chair**

**Anaurene Roy (St Joseph's Univeristy)**

1

Cultural Contexts of Body Image: A Group Therapy Intervention for Adult Female Athletes in India  
[Parinaaz Irani \(InnerPeak Consulting\)](#)

2

Negotiating Discipline and Beauty: A Wabi-Sabi Perspective on Body Shaming in an Emerging Indian Sprinter  
[Anaurene Roy \(St Joseph's University\)](#)

3

Body Image Profiles, Trait Sport Confidence, and Subjective Performance among University Athletes: A Latent Profile Analysis  
[Fengwei Hao \(South China Normal University\)](#)

# POSTER SESSIONS

**Day 2: 9 December 2025 (Tuesday)**

## POSTER SESSION 1

10:40—11:40

Validity and Reliability of the Psychometric Properties of the Multicomponent Mental Health Literacy Scale: Evidence from Chinese Elite Athletes 1.01

**Xiang Wang (Hong Kong Baptist University)**

Child psychoanalysis and defense mechanisms scale in sports context: a scientific methodological tool in the context of sailing in child mental distress prevention 1.02

**Elisa Deponte [Associazione Internazionale di Psicologia Clinica e Psicoanalisi dello Sport (A.I.P.P.S.)]**

Distinctive Developmental Trajectories in Adolescent Athletes 1.03

**Shigeki Akiba (Kokushikan University)**

The Impact of Athletic Life on Well-Being in College Athletes 1.04

**Hikaru Hanata (Kokushikan University)**

The Relationship among Optimism, School Belongingness, Well-Being, and Academic Achievement Through Traditional Martial Arts 1.05

**Goenho Na (Sungkyunkwan University)**

Gender differences in the relationship between emotional intelligence and psychological well-being among student-athletes 1.06

**Liudmila Rogaleva (Ural Federal University)**

Development of Athletes' Mental Fatigue Assessment Using Visual Analog Scale: A Qualitative Approach 1.07

**Tanida Julvanichpong (Burapha University)**

Reliability and validity of the Sport Gratitude Questionnaire (GQ-S) in a sample of Japanese student athletes 1.08

**Kota Kubo (Kumamoto Gakuen University)**

Internet addiction and its association with quality of life in college students: a network perspective 1.09

**Xiaoli Zhang (University of Macau)**

Exploring the Eating Disorder Experiences of Retired Female Figure Skaters 1.10

**Minhyo Kim (Sookmyung Women's University)**

Improving Sleep and Fitness through Multi-Component Exercise: Evidence from Middle-Aged Adults 1.11

**Jingyi Ai (Nanjing Normal University)**

The Impact and Mechanisms of Yogic Breathing on Mental Health, Sleep Quality, Heart Rate Variability, and Stress: A Literature Review 1.12

**Sujin Lee (University of Ulsan)**

Joint association of self-rated health and physical frailty with functional disability among community-dwelling older adults: a cross-sectional analysis 1.13

**Ziwei Zeng (The Chinese University of Hong Kong)**

Influence of positive cognition and tolerant attitudes towards coaches' behaviours that promote disordered eating in Japanese female athletes 1.14

**Mitsuhiro Amazaki (Aichi University)**

Connection between Sport Facility Usage and Health-related Quality of Life of College Students in Hong Kong 1.15

**Peggy Choi (Technological & Higher Education Institute of Hong Kong)**

Key Personality and Training Factors Influencing Athletes' mental health-Based on Machine Learning 1.16

**Shuangling Zhang (Shandong Institute of Sport Science)**

Examining the Influence of Overadaptation Tendencies on the Positive Perception of Female Athletes Toward Coaches Enforcing Unhealthy Eating Behaviors 1.17

**Chihiro Kemuriyama (Gifu Shotoku Gakuen University)**

Tracking the Body and Mind: A Fitbit-Based Narrative Review on Lifestyle Behaviors and Mental Health in Healthy Adults 1.18

**Nadia Mohammad Moradi (University of Ulsan)**

Description of the dynamic aspects of social support: A longitudinal case study of university sports teams in Japan 1.19

**Asahi Matsubara (Nippon Sport Science University)**

Effects of Stress Management Education Using Mindfulness Yoga on Club Activity Stressors 1.20

**Chikaze Sugiyama (Iwate University)**

A Consensus-Based Conceptual Model of “Performance Health” in High Performance Sport 1.21

**Midori Kondo (Japan Institute of Sports Sciences)**

Restorative Environments Mitigate Impulse Buying Following Ego Depletion 1.22

**Li Wang (Beijing Sport University)**

Life Story of Victim of Interpersonal Violence in the Context of Japanese Sport: A Single-Case Study 1.23

**Hayato Toyoda (University of Tokyo)**

Nostalgia and Well-Being among Millennial and Generation Z Runners in China: The Mediating Roles of Curiosity and Recreational Specialization 1.24

**Heetae Cho (Sungkyunkwan University)**

Effects of Big Five personality traits on posttraumatic stress reaction (PTSR) in Japanese high school baseball players 1.25

**Tatsuya Oishi (Nippon Sport Science University)**

Mental Toughness and Community Mindset: The Impact of Psychological Fortitude, Sport Satisfaction, Scholarship Status, and Community of Origin on Student-Athletes 1.26

**Cassidy Brown (University of North Dakota)**

Effects of Perceived Perfectionism on Mental Health among College Athletes Focusing on the Mediating Effects of Fear of Self-Compassion 1.27

**Toui Tsukuda (Nippon Sport Science University)**

The Effectiveness of A Blended Intervention on Promoting Lifestyle Behaviors and Mental Health Outcomes among Hong Kong Community-dwelling Older Adults 1.28

**Min YANG (The Chinese University of Hong Kong)**

The prediction of empowering motivational climate and cognitive flexibility on well-being and perceived performance in high school baseball players 1.29

**Yueh Tung Lin (National Taiwan Normal University)**

Effects of Support Focusing on Fine Motor Movements on Pleasant Emotions in Rehabilitation 1.30

**Shunsuke Koseki (J. F. Oberlin University)**

Prevalence of Sleep Disorders in Swiss Elite Athletes 1.31

**Michael J. Schmid (University of Bern)**

Physical activity enhances schoolchildren's mental health via psychological capital: Exploring differences across weekdays, weekends, and gender 1.32

**Pan Liu (Hunan University of Technology)**

"Are You Safe in the Online Space?" Exploring Cyber Abuse Experiences and Coping Strategies Among Korean Female Professional Athletes 1.33

**Seyun Park (Chungnam National University)**

Anti-Doping Literacy Assessment: Development and Validation of French scale - LITERA - DOP 1.34

**Karine Corrion (UNIVERSITÉ CÔTE D'AZUR)**

Stressors and Coping Strategies in Children Practicing Judo and Their Non-practicing Sports Peers 1.35

**Malgorzata Siekanska (University of Physical Culture in Krakow)**

Menstrual symptoms, coping behaviors, and athletic performance in female athletes: The moderating effect of self-compassion 1.36

**Yukiho Yamamoto (University of Tsukuba)**

A Narrative Review of Psychological Support through Physical Education in Japanese Schools 1.37

**Hikari Ito (J. F. Oberlin University)**

Exploring the Relationship between Depressed Mood, Sleep Quality, Circadian Preference, and Physical Health in University Students 1.38

**Yali Zhou (Universiti Sains Malaysia)**

Integrating Self-Talk and Wearables to Enhance Motivation, Self-Efficacy, and Muscle Function in Older Adults: A Randomized Controlled Trial 1.39

**Chengen Wu (Tamkang University)**

Development of a Goal-Setting Skills Scale for University Student-Athletes in Japan 1.40

**Hiroki Hakata (Hosei University)**

Effects of School-Based Physical Activity Programs on Mental and Cognitive Outcomes in Neurodiverse Children and Adolescents: A Multilevel Meta-analysis 1.41

**Jinghao Sui (The Chinese University of Hong Kong)**

The Effects of the Drone Sports Participation on Psychological Attributes in Out-of-School Adolescents : Qualitative Approach 1.42

**Donghee Kang (Seoul National University of Science and Technology)**

Sleep Patterns and Psycho-Cognitive Multimorbidity in Middle-Aged and Older Adults: Insights from a Machine Learning Analysis of the CHARLS Cohort 1.43

**Qun Zhai (Xi'an Peihua University)**

Sustainability through Sport Psychology and Sport Psychology Sustainability 1.44

**YoungKil Yun (Korea National Sport University)**

A Study on the Motivation and Constraint Factors of the Elderly in Guangzhou Participating in Leisure Sports 1.45

**Jiangong Tan (Xi'an Peihua University)**

The role of football in enhancing psychosocial skills in youth with autism spectrum disorder 1.46

**Alberto Cei (San Raffaele University)**

Research on Social Attention to Rural Adaptive Sports in China Through a Social Media Lens 1.47

**Shuhui Zhang (Hunan International Economics University & Central China Normal University)**

Developing an Athlete-Specific Health Belief Model for Mental Health Help-Seeking: A Delphi Study 1.48

**Wing Kan Chan (University of Portsmouth)**

Exploring Universality and Peculiarity of University Athletes' Life Skills formed by Training and Competition Experiences 1.49

**Jiho Choi (Korea National Sports University)**

Galvanic examination of the skin of women with panic disorder following aerobics 1.50

**Mahta Eskandarnejad (University of Tabriz)**

Preliminary examination of the International Olympic Committee's Mental Health Assessment Tool for Sports 1 (SMHAT-1) among elite athletes in China 1.51

**Shijie Zhu (Shenzhen Sports School)**

Subjective Distress and Disclosure Experiences Among Female Basketball Players: A Semi-Structured Interview Study 1.52

**Tae Horiuchi (The University of Tokyo)**

The characteristics of Japanese student-athletes' life skills and their influence on well-being 1.53

**Junichi Nishida (Kindai University)**

The warm glow and martyrdom effect in charitable sports: A system review 1.54

**Junfeng Deng (South China Normal University)**

Validation of the Violence Toward Athletes Questionnaire (VTAQ) in the Mexican Context 1.55

**Orlando Reyes (Universidad Autónoma de Nuevo León)**

Exploring the characteristics of life skills among adolescent athletes : Perspective of type of sport and competition results 1.56

**Shota Fujishima (Kindai University)**

A Scoping Review of Sports Psychology in Korean Rowing (1998–2025) 1.57

**Bo Young Kim (Kunsan National University)**

The effects of sportspersonship on happiness, emotionl states, and perceived performance in adolescent athletes 1.58

**Eom Seonghyun (ChungAng University)**

A Case Study on the Effects of Mindfulness, Imagery, and Diaphragmatic Breathing Training in the Execution of Category C Difficulty Movements in Nanquan 1.59

**Jianxin He (Hong Kong Sports Institute)**

Improving Sleep and Fitness through Multi-Component Exercise: Evidence from Middle-Aged Adults 1.60

**Jingyi Ai (Nanjing Normal Univercait)**

Validation of a Structural Equation Model for Self-Confidence and Sport Performance in Collegiate Wushu Routine Athletes 1.61

**Mingjun Zhang (Burapha University)**

Effects of Training in Athletes' Breath and Movement Awareness Programs for Fencing (BMAP-F) on Mindfulness, Accuracy and Speed of Attacking in Fencer 1.62

**Tanyalak Hmokrid (Burapha University)**

Gender Differences in Mental Toughness Among Youth Taekwondo Athletes in the 2024 Nonthaburi Taekwondo Competition 1.63

**Chayanan Poopunsri (Burapha University)**

Enhancing Mental Health Screening in Aotearoa/New Zealand High-Performance Athletes: Development of a Culturally Responsive Tool 1.64

**Connor Silvester (Auckland University of Technology)**

The Mediating Role of Resilience in the Relationship Between Physical Activity and Academic Burnout: A Structural Equation Modeling Analysis Among Chinese Secondary School Students 1.65

**Yan Chen (The Education University of Hong Kong)**

Exercise training improves sleep quality in adults with mental disorders: A systematic review and meta-analysis of randomized controlled trials 1.66

**Mingqi Wang (Shandong University)**

Community, Family, and Lifestyle Factors Associated with Physical Fitness in Guangdong Preschoolers 1.67

**Haiyan Zhang (Universiti Sains Malaysia)**

Tomorrow never knows. Tracking irrational beliefs, perfectionism and mental health across the junior-to-senior transition 1.68

**Yago Ramis (Universitat Autònoma de Barcelona)**

**Day 3: 10 December 2025 (Wednesday)****POSTER SESSION 2**

10:40—11:40

- |  |      |
|--|------|
| Perception of Goal Approach as a Predictor of Flow and Clutch States   | 2.01 |
| <b>Kristin Mauldin (California Baptist University)</b>   |      |
| Growth Mindset and Performance of Athletes: Multiple Mediating Effects of Grit and Deliberate Practice                         | 2.02 |
| <b>Minseo Kim (Sungkyunkwan University)</b>  |      |
| Focusing on Sensation or Control? The Effects of Internal Attentional Focus on Novice Golf Performance                         | 2.03 |
| <b>Fang-Yi Lin (National Taiwan University)</b>  |      |
| Does Gaze Direction Influence Cycling Effort?  | 2.04 |
| <b>Sem Otten (Université de Montpellier)</b>   |      |
| The Effects of Mindfulness Training on Well-being and Academic Self-efficacy in Postgraduate Students                          | 2.05 |
| <b>Huibo Xu (The Chinese University of Hong Kong)</b>  |      |
| Prediction of sleep quality on basketball 3-point performance: The mediating role of athletic mental energy                    | 2.06 |
| <b>Frank Jing-Horng Lu (Chinese Culture University)</b>  |      |
| Unveiling the Path to Exercise Dependence: A Predictive Model of the Dark Triad Personality Traits, Motivation and Mood States | 2.07 |
| <b>Ashrene Rathilal (University of Fort Hare)</b>  |      |
| Combining Mental Imagery and Music in Sport: Insights from Current Literature  | 2.08 |
| <b>Fernando Castellar (Sydney Conservatorium of Music - The University of Sydney)</b>  |      |

The Mediating Role of Anxiety in the Relationship Between Self-Compassion and Flow in Adult Athletes 2.09

**F. Hülya Aşçı (Fenerbahçe University)**

Mental Edges in the Arena: A Systematic Review of Psychological Skills Training in Combat Sports 2.10

**Pei-Hsuan Wu (National Taiwan University of Sport)**

Gaze Strategies during a Forward Tucked Somersault 2.11

**Yusuke Sato (Nihon University)**

Effects of Mindfulness Training on Attention in Elite Rifle Athletes under Competitive Stress 2.12

**Weitao Li (Yunnan University)**

The Effects of a Pre-Shot Routine Intervention on Anxiety and Psychological Skills in Elite Archers: A Case Study 2.13

**JongJin Kim (University of Ulsan)**

An Exploration of Athletes' Stress Responses and the Development of a Measurement Scale 2.14

**Hayeon So (Sookmyung Woman's University)**

Reassessing the Impact of Attentional Focus on Performance: A Multi-Action Plan (MAP) Framework 2.15

**Yu-Ting Lin (National Taiwan Sport University)**

A Single-Case Study of CBT-Based Psychological Intervention Using Case Formulation to Support a Naginata Athlete Lacking Motivation to Compete 2.16

**Mana Takashi (J . F Oberlin University)**

Effects of listening to music on pre-match state anxiety in tennis players 2.17

**Yi-Hsiang Chiu (Chinese Culture University)**

An application of virtual reality in sports' motor imagery: A systematic review 2.18

**Ting-Hong Chien (National Taiwan Normal University)**

The Application of Self-Talk in Enhancing Throwing Performance: The Moderating Role of Player Position in Baseball 2.19

**Tzu-Wen Lin (Tamkang University)**

Factors Related to Self-Efficacy for Psychological Performance in Japanese High School Rugby Players 2.20

**Toma Fukami (Nippon Sport Science University)**

The development of resilience among Taiwanese athletes: A cultural perspective 2.21

**Yujing Huang (National Taiwan University of Sport)**

State Anxiety and Motion-in-Depth Perception in Athletes: Roles of Challenge-Threat Appraisal States and Attentional Bias 2.22

**Yimeng Zhai (Beijing Sport University)**

The Presence of a Human Catcher Affects Performance in a Ball-Throwing Task 2.23

**Ayane Kusafuka (Waseda University)**

The dark side of sports: A systematic review on negative emotions and performance 2.24

**Kai-Wei Chiu (National Taiwan University Of Sport)**

A Qualitative Research on Top Athletes' Use of Social Media During the 2024 Paris Olympics and Paralympics Games 2.25

**Satoshi Tominaga (Japan Institute of Sports Sciences / Japan High Performance Sport Center)**

Rorschach Tests Characteristics of University Student Fencers: Focusing on Sport-Specific Trait Anxiety 2.26

**Natsu Takaishi (Osaka University of Health and Sport Sciences)**

Effectiveness and Application of Blocked and Random Practice in Motor Skill Learning among Special Needs Populations 2.27

**Chia-Sheng Huang (Tamkang University)**

The Effect of L-theanine on Psychophysiological States in Archery Athletes 2.28

**Hideaki Takai (Nippon Sport Science University)**

Limited Effect of Video Game Activities on Rotary Pursuit Task in eSports Gamers 2.29

**Haneol Kim (University of Wisconsin - La Crosse)**

Cognitive Strategies and Perceptions of Setbacks Among College Athletes: Focusing on Defensive Pessimism and Realistic Pessimism 2.30

**Ryota Kawamura (Osaka University of Health and Sport Sciences Graduate School)**

Behavioral Choices and Success Rate Under Pressure in Penalty Shootouts: Positive Valence Shots and Negative Valence Shots 2.31

**Ryota Maeda (Osaka University of Health and Sport Sciences)**

How Do Japanese Elite Female Sailing Athletes Prepare for Peak Performance 2.32

**Yumiko Tombe (Osaka University of Health and Sport Sciences)**

Self-Selected Music and Cycling Endurance: Performance Effects and Audio Feature Correlates in Time-to Exhaustion Trials 2.33

**Andrew Danso (University of Jyväskylä)**

The Impact of Combining Imagery and Mindfulness on 10m Air Pistol Shooting Performance and Electroencephalograph 2.34

**Chul Han Chang (National Taiwan Normal University)**

Pressure and Performance in Golf Putting: A Review 2.35

**Kanta Mizuno (Department of Sports Medicine, Japan Institute of Sports Sciences)**

The State of the Evidence: An Umbrella Review of Mindfulness in Sport, Exercise, and Performance Psychology 2.36

**Edson Filho (Boston University)**

A Research Proposal: Adapting the Jackpot Paradigm to Golf Putting to Induce Choking Under Pressure 2.37

**Kanta Mizuno (Department of Sports Medicine, Japan Institute of Sports Sciences)**

Psychological Mechanisms of Football Video Assistant Referees under High-Pressure and Zero-Tolerance Expectations 2.38

**Ming Fu (Waseda University)**

Investigating the effects of auditory modeling on cycling performance and perceived effort 2.39

**Maria Colomba (University of Trieste)**

Personality: an important factor in sport performance 2.40

**Ionut Alexandru Iscru (University of Thessaly)**

Mental Skills Training Service for the Chinese Team in the World Fire Rescue Championships—The influence of collectivist culture 2.41

**Tong Sun (Beijing Sport University)**

Characteristics of Handball Players Excelling in One-on-One Break-through 2.42

**Takeru Onishi (Osaka University of Health and Sport Sciences)**

The Effectiveness of Strengths-Based Sport Psychological Skills Training for University Table Tennis Players 2.43

**Sumin Gwak (Chung-Ang University)**

Psychological Flexibility in Soccer: Behavioral Evidence from a Youth Team 2.44

**Stefano Mastino (University of Verona)**

How Contextual Probabilities and Deceptive Cues Influence the Decision Process of Stepping: A Drift Diffusion Model Analysis	2.45
<b>Teppei Saegusa (University of Tsukuba)</b>	
Auditory Influence on Running Cadence and Variability: During and After Stimulation	2.46
<b>Rinta Ogasahara (The University of Tokyo)</b>	
The effect of a mindful self-compassion program on the putting yips in an collegiate golfer	2.47
<b>Wonbin Ju (Chung-Ang University)</b>	
Deviation from the optimal risk attitude under reward and loss	2.48
<b>Soshiro Ueno (University of Tsukuba)</b>	
The Prediction of Perfectionism and Goal Orientation on Sport Confidence in Intercollegiate Athletes	2.49
<b>Poh Yee Tong (National Taiwan Normal University)</b>	
Quiet Eye in Racket Sports: A Systematic Review	2.50
<b>Edison Wu (South China Normal University)</b>	
Enhancing Performance Under Pressure: Emotional Working Memory Training Mitigates the Impact of Acute Stress on Athletes' Cognition	2.51
<b>Celina Song (Beijing Sport University)</b>	
Self-Compassion, Mindfulness, and Athlete Resilience Training (SMART): Program Development, Feasibility, Acceptability, and Preliminary Outcomes	2.52
<b>Tsz Lun (Alan) Chu (University of North Carolina at Greensboro)</b>	
Psychological Dynamics of Collective Momentum: How Self-confidence, Team Confidence, Anxiety, and Effort Intention Change over a Scoring Comeback in Football	2.53
<b>Hervé Gautier (University of Montpellier and IMT Mines Alès)</b>	

**Day 4: 11 December 2025 (Thursday)****POSTER SESSION 3**

10:40—11:40

The Effect of EEG Neurofeedback Training on Action Anticipation of Football

3.01

**Xin An (Beijing Sport University)**

The Effectiveness of REBT-Based Journaling Intervention on Swimmers' Irrational Beliefs, Unconditional Self-Acceptance, Self-Compassion, and Self-Confidence: Single Group Study

3.02

**Siyang Tao (Hong Kong Sports Institute)**

Effects of High-Intensity Interval Training for Older Adults with Mild to Moderate Depressive Symptoms: A Cluster Randomized Controlled Trial

3.03

**Yanping Wang (Hong Kong Baptist University)**

Investigation of the Combined Tilt and Pitch Function for Downhill Cycling in Motion-based VR Bicycle Simulators

3.04

**Takashi Kojima (University of Tsukuba)**

Acquisition of Shutaisei Among University Student-Athletes – Through the Three Processes of Spontaneity, Self-Determination, and External Expression

3.05

**Sakura Komiya (Kokushikan University)**

How Does Collegiate Sport Experience Foster Exercise Adherence? The Mediating Role of Nostalgia and Its Five Dimensions

3.06

**Ninghan Wang (Sungkyunkwan University)**

Development and Validation of an Agent-Based Model of Approach and Avoidance Dynamics in Sport

3.07

**Rémi Altamore (University of Montpellier)**

Correlates of User Satisfaction in Large-scale Sports Parks in Hebei Province China

3.08

**Borui Shang (Hebei Sport University)**

Comparison of Perfectionism, Emotional Intelligence, and Sports Motivation Indicators of The Student-Athletes From Russia and China 3.09

**Liudmila Rogaleva (Ural Federal University)**

Validation of the Turkish Version of the Interpersonal Behavior Questionnaire in Personal Training Context 3.10

**Ihsan Sari (Sakarya University of Applied Sciences)**

Mental Health Promotion Effect of College Students' Physical Exercise and the Way to Reach It: Taking Hubei Normal University as an Example 3.11

**Xiangting Wang (Hubei Normal University)**

Effects of a Three-month Multicomponent Physical Activity Intervention on Improving Perceived Competence and Social Acceptance among Chinese Preschoolers: A Quasi-Experimental Study 3.12

**Shan Jiang (The Chinese University of Hong Kong)**

Estimation of Causal Relationships Between Feedback Cognition and Learning Outcomes in Junior High School Physical Education: Focus on Grade in School 3.13

**Koji Yamamoto (Kansai University)**

"I Feel Happier, but I do not Know Why": Effects of Mindfulness Subliminal Priming on Affective Responses to Exercise 3.14

**Yu-Bu Wang (Shenzhen University)**

Causal Effects of Past Shared Exercise Experience on Intrinsic Motivation and Exercise Participation: Analysis of Japanese University Students Using LINGAM 3.15

**Daisuke Horii (Osaka Electro-Communication University)**

Effects of Cognitive Demanding Acute Exercises on N-back Task Performance 3.16

**Wei-Hsiang Tseng (National Taiwan University)**

Exercise in Virtual Nature vs. Urban Spaces: A VR-EEG Experiment of Object Recognition 3.17

**Lin Yu (Bielefeld University)**

Motivational Pathways to Injury Anxiety Consequence in Youth Athletes:  
A self-Determination Perspective 3.18

**Jinsik Son (Chonnam National University)**

Toward a Holistic Understanding of Coach–Athlete Dynamics: The  
CAREM Framework 3.19

**Cheng-De Wang (National Taiwan Sport University)**

The Development of “Rinsho Sport Psychology” in Japanese Culture and  
Its Applied Psychological Support Practices 3.20

**Daisuke Takeda (Tokai University)**

The Weekend Warrior Exercise Pattern and Neuropsychological Health:  
A Narrative Review 3.21

**Carl White (Hubei University)**

Coach Humor Styles and Athlete Commitment: A Relational Mediation  
Model in Team Sport Contexts 3.22

**Emine Caglar (Hacettepe University)**

Effects of Stress Management Education Focusing on Friendship Stress-  
ors on Club Activity Stressors 3.23

**Airi Hayashi (J. F. Oberlin University)**

Effects of Changes in Club Activity Stressors on Psychological Stress,  
Depression, and PTSD in High School Students 3.24

**Riko Maruyama (J. F. Oberlin University)**

What Drives Older Adults’ Intention to Engage in Esports? a TPB Ap-  
proach 3.25

**Ka Man Leung (Education University of Hong Kong)**

Yoga as a Holistic Movement Practice: Yoga teachers’ Perspectives on  
Conveying Elements Beyond the Physical 3.26

**Ineke Vergeer (University of Southern Queensland)**

Humble Opinions on Badminton Coaches' Professional Abilities and Players' Performance Based on Related Studies from the Past Decade in Taiwan 3.27

**Wan Chen Liu (National Taiwan Normal University)**

A Multilevel Investigation of Empowering and Disempowering Motivational Climates as Predictors of Group Cohesion: The Mediating Role of Psychological Safety 3.28

**Ting-Ting Chen (National Taiwan Normal University)**

Staying in The Game: A systematic review of Self-Determination Theory and The Motivational Drivers of Esports Practitioners 3.29

**Chenxi Hu (Macau University of Science and Technology)**

Mapping the Motivational-Cognitive Nexus in Sports Betting: A Conceptual SDT-TPB Measurement Scale for Responsible Gambling 3.30

**Zihan Xu (Macau University of Science and Technology)**

Dynamics of Engagement in Tennis as a Non-Time-Constrained Sport: Effects of Temporary Standing, Competition Phase, and Regulatory Focus 3.31

**Takahiro Shimizu (University of Tsukuba)**

The Prediction of Dispositional Mindfulness on Physical Activity Levels in Middle-aged and Older Adults: The Mediating Role of Exercise Self-efficacy 3.32

**Yuwen Chiu (National Taiwan Normal University)**

Acute Effects of Free-weight Resistance Exercise on Depression Anxiety and Frontal/Parietal Alpha Asymmetry in Adult Attention-Deficit/Hyperactivity Disorder (ADHD) 3.33

**Chi Jui Lee (National Taiwan University)**

Enhancing Exercise Attitudes: Impact of a 12-Week Exercise Programme on Physiotherapy Students' Perceived Barriers, Benefits, and Self-Efficacy 3.34

**Tsz Ting Timothy Yam (Hong Kong Metropolitan University)**

A Study on the Mechanism of Physical Exercise on Cell Phone Addiction from the Perspective of Self-control Resources

3.35

**Chen Gong (Northeast Electric Power University)**

Predicting Athletes' Basic Psychological Need Satisfaction from Empowering and Disempowering Motivational Climates in Training and Competition Contexts

3.36

**ShuangJu Lin (National Taiwan Normal University)**

Coping Styles with Stress and the Agreement Between Judges' and Coaches' Assessment of Judo Actions Based on Video Recordings

3.37

**Marcin Krawczyński (Gdańsk University)**

Effects of Behavioral Coaching on Clear Shot Form and Performance among Adolescent Badminton Players

3.38

**Daichi Hirata (Kwansei Gakuin University)**

Physical Activity and Psycho-Cognitive Multimorbidity in Middle-Aged and Older Adults: A Machine Learning Analysis of the CHARLS Cohort

3.39

**Yun Li (Macao Polytechnic University)**

Relationship between Head Movements and Timing Prediction during Ball Pursuit in Virtual Reality

3.40

**Michiko Harazono (Tokyo Metropolitan University)**

The Achievement Motive, Challenge and Threat, and Sport Performance in Competitive Wushu Student-Athletes

3.41

**Nicholas Yu (Nanyang Technological University)**

A Cluster Randomized Controlled Trial of Cognitively Engaged Physical Activity on Cognitive Functions in ADHD Children

3.42

**Ruiyuan Tao (The Chinese University of Hong Kong)**

Effects of Physical Activity on Aggressive Behavior in Adolescents: Mediating Role of Self-Control

3.43

**Shimin Song (Juntendo University)**

Research Groups in Sport Psychology in Brazil: Current Landscape 3.44

**Kaio Borges Guerrero (State University of Campinas)**

Psychological Biography Research of Tennis Player Li Na 3.45

**Zhikun Li (Hong Kong Sports Institute)**

The Effects of Situational Motivation on State Anxiety and SMR Power in Experienced Shooters 3.46

**Xulin Luo (Beijing Sport University)**

The incorrect perceptions of athletes on inadvertent doping through contaminated products 3.47

**Xiaoqi Zhang (Beijing Sport University)**

Hong Kong PE Teachers' Views on Motivational Strategies: A Qualitative Study 3.48

**Hoi Tik Yip (University of Birmingham)**

Creative Dance Versus Running: Effects on Negative Emotions in Menopausal Women 3.49

**Xulin Luo (Beijing Sport University)**

Mindfulness Facets as Predictors of Preference for Exploration Versus Prescription in Skill Learning: An Exploratory Study Using the IAT 3.50

**Ying Hwa Kee (Nanyang Technological University)**

Acute Behavioral and Neuroelectric Effects of Table Tennis with Varying Cognitive Load on Task Switching in Children with ADHD 3.51

**Chiao-Ling Hung (National Taiwan University)**

The Effects of Acute High-Intensity Interval Exercise with Social Interaction on Planning-Related Executive Function: A Preliminary Study 3.52

**Szu-yu Tung (National Tsing Hua University)**

Development of a Period-based Psychological Support Model for Athletes (PSMA-P) 3.53

**Im Songyi (Korea National Sport University)**

Enhancing Cognitive Resilience Under Pressure: A Neurofeedback Training Program for Optimizing Badminton Players' On-Court Decision-Making 3.54

**Yu Song (Beijing Sport University)**

The Effects of a Single-Session Affective Approach-Avoidance Training on Physical Activity in Low-Active Individuals 3.55

**Chuntian Wang (Beijing Sport University)**

Exergaming-based Esports Intervention for Older Adults in Hong Kong: A Non-Randomized Controlled Trial Study 3.56

**Yuchen Shi (Hong Kong Metropolitan University)**

Direct and Meta Commitment in Coach-athlete Relationships: Seasonal Dynamics across Training Periods 3.57

**Franco Noce (International Society of Sport Psychology)**

Motivation in sustaining mental well-being among yoga participants 3.58

**Anushka Gupta (Sri Ramachandra Institute of Higher Education and Research (DU))**

Perception of Goal Approach as a Predictor of Flow and Clutch States 3.59

**Kristin Mauldin (California Baptist University)**

## Day 5: 12 December 2025 (Friday)

### POSTER SESSION 4

10:40—11:40

Effects of Flashbulb Memories on Football Supporter Identity Fusion 4.01

**Kristin Chou (Chongqing Technology and Business University)**

Computer program for the development of individual autogenic training 4.02

**Victoria Georgiadi (Federal state budget institution)**

The Effect of Volume-Matched Acute Resistance Exercise on Metacognition-Related Executive Function in Older Adults 4.03

**Feng-Tzu Chen (National Tsing Hua University)**

Effects of Volume-Matched Acute Resistance Exercise on Inhibitory Control in Older 4.04

**Ting-Ting Wu (National Tsing Hua University)**

Characterizing Novice and Amateur Brain Activity: An EEG Study in a Visuomotor Task 4.05

**Kuo-Pin Wang (National Taiwan University)**

Exploration of Athletes' Psychosomatic Symbolism Using the Landscape Montage Technique 4.06

**Shingo Usui (Kokushikan University of Graduation School)**

Comparison of personal basketball students profiles in dependence on the level of sportsmanship 4.07

**Liudmila Rogaleva (Ural Federal University)**

Dark triad and sports ethics: In-depth examination of prosocial and antisocial behavior 4.08

**Samet SAĞ (Yozgat Bozok University)**

Impact of Tai Chi Exercise on Mental Harmony among College Students 4.09

**Zhang Ruiqi (Hubei University of Chinese Medicine)**

- Extending the Respiratory Pause: Enhancing Voluntary Apnoea Capacity through Diaphragmatic Breathing 4.10  
**Tanisha Jain [Sri Ramachandra Institute of Higher Education and Research (DU)]**
- Proposal of a Psychological Safety Enhancement Program for Sports Teams: Application to a Japanese University Team 4.11  
**Yuhei Kotani (Keio University)**
- From Resilience to Antifragility: A Qualitative Synthesis of Athletes' Adaptive Processes in Adversity 4.12  
**Po-Hui Lee (National Chung Cheng University)**
- The Influence of Sensory Stimuli and Writing Modality on Memory Performance 4.13  
**Hanseung Lee (Chung-Ang University)**
- Research hotspots and emerging research topics in sports psychology: A bibliometric analysis 4.14  
**Chien-Heng Chu (National Taiwan Normal University)**
- Impacts of Reciprocity Typologies on Mental Health and Team Dynamics: Insights from Adolescent Athletes in Sports Teams 4.15  
**Kiwa Nakajima (University of Tsukuba)**
- The effects of physical activity interventions on physical fitness and cognitive outcomes among children and adolescents with disabilities: A systematic review and meta-analysis 4.16  
**Jingsi Wen (The Chinese University of Hong Kong)**
- Movement performance and perceptions following errorless motor learning in young adults 4.17  
**Hui Shine Lin (The University of Hong Kong)**
- The Role of Perceived Athletic Competence, Goal Orientations and Sport Motivation on Determining Athletes' Retirement Decision 4.18  
**Duygu Karadağ (Haliç University)**

Associations between functional performance and kinesiophobia in individuals with chronic ankle instability: a cross-sectional study 4.19

**Xiaomei Hu (The Chinese University of Hong Kong)**

Rebuilding Resources Through Care: A Qualitative Study of Athletic Trainers' Social Support During Sports Injury Rehabilitation Using Conservation of Resources Theory 4.20

**Pei-Chi Chung (National Taiwan Sport University)**

The Effectiveness of Sports Training Camps in Enhancing Team Dynamics in Japan: Evidence from Group Cohesion, Collective Efficacy, and Transactive Memory System 4.21

**Shinya Nagahara (University of Tokyo)**

An exploration of brain activation during peak performance in athletes across different competition levels: A fMRI study 4.22

**Li-Kang Chi (National Taiwan Normal University)**

Presenteeism norms in sports teams: A multilevel analysis of group cohesion and gender differences 4.23

**Tasuku Sakai (University of Tsukuba)**

The prediction of trust in coach on team identification and team collaboration: The mediating effect of psychological safety 4.24

**Yi Chen Yang (National Taiwan Normal University)**

Facilitating the Return to Elite Sports After Childbirth: Case Study of Elite Japanese Mother-Athletes 4.25

**Yuri Shinoda (Osaka University of Health and Sport Sciences)**

Student Athlete Enrollment, Academic Pathways, Psychosocial Well-being, and Career Outcomes at a Private American University 4.26

**Zixuan Zhao (La Sierra University)**

Characterizing Interoception in Closed-Skill Athletes from the Perspective of the Three-dimensional Model 4.27

**Mengnan Li (Beijing Sport University)**

- Trait Fatigue in Collegiate Athletes: Insights from Questionnaire Surveys and Behavioral Studies on Motor Prediction 4.28  
**Chunyang Li (Beijing Sport University)**
- A New Discovery of Silver Taekwondo: Assessing Its Impact on Cognitive Function and Quality of Life Among the Elderly Through the 'AI-Z-YAPP' Program 4.29  
**Seyun Park (Chungnam National University)**
- Emotional and Cognitive Inhibition Throughout the Menstrual Cycle 4.30  
**Hanna de Haan (German Sport University Cologne)**
- Perfectionism and Its Relationship with Social Support Among Injured Athletes During the Motor Rehabilitation Period 4.31  
**Mohammad Aldosari (King Saud University)**
- Characteristics of Communication Difficulties in Soccer 4.32  
**Ken Kato (Osaka University of Health and Sport Sciences)**
- The cross-gender analysis of collegiate basketball players' self-talk during competitive games: A qualitative study 4.33  
**Yu-Jie Liaw (National Taiwan Normal University)**
- Early Pattern Recognition in Corner Kicks: A Key Advantage for Skilled Soccer Players 4.34  
**Lovro Ivosevic (University of Rostock)**
- From team spirit to mental strength: Cohesion as a key to motivation and anxiety management in elite youth basketball 4.35  
**Tino Stöckel (University of Rostock)**
- Relationship Between the Coach-Athlete Relationship, Social Identity, and Group Cohesion in University Lacrosse Players 4.36  
**Ayami Kuroki (Osaka University of Health and Sport Sciences)**
- The mechanism by which the athlete-coach relationship affects training satisfaction: The mediating path of athletic commitment 4.37  
**Chen Gong (Northeast Electric Power University)**

An Analytical Study on the Marketing Strategies of National Sports Centers in Taiwan 4.38

**Weijhen Zhong (National Taiwan Normal University)**

Delayed Inhibition in High Trait Anxiety Athletes: Evidence from Event-Related Potentials 4.39

**Koki Watanabe (Osaka University of Health and Sport Sciences)**

Event-Related Potential Markers of Inhibitory Control Predict Soccer Players' Physical and Technical Performance 4.40

**Takahiro Matsutake (Osaka Metropolitan University)**

Time predictive cues are not helpful for elite athletes: evidence from attention network task 4.41

**Olga Sysoeva (Sirius University of Science and Technology)**

The Mechanism of Mind-Body Integration in Taijiquan: Insights from Embodied Cognition Theory 4.42

**Jiang Xiangping (Universiti Sains Malaysia)**

Upright posture is implicitly associated with positive emotions: Evidence from the implicit association test 4.43

**Aya Takayama (Fukuoka University)**

Acute Exercise Selectively Modulates Emotional Memory: Effects on Remembering and Forgetting 4.44

**Miyuki Nakamura (Juntendo University)**

Predicting the landing point of volleyball serves: The role of sound intensity and frequency spectrum 4.45

**Fabrizio Sors (University of Trieste)**

Investigating Spatial-Numerical Associations in complex movements: Number magnitude affects walking direction 4.46

**Fabrizio Sors (University of Trieste)**

A mathematical model-based explanation of the perceptual mechanism underlying the rising ball effect 4.47

**Ryo Watanabe (National Institute of Fitness and Sports in Kanoya)**

Exploring Diverse Forms of Help-Seeking Among College Athletes: A Qualitative Study of Enacted, Intended, and Inhibited Help-Seeking 4.48

**Momoko Ito (University of Tsukuba)**

Psychological Experiences of Athletes Across the Stages of Psychological Trauma 4.49

**Choi Soomin (Korea National Sport University)**

12-week Comparative Study on the Effects of Go, Basketball, and Calligraphy Classes on Executive Function in Children Aged 9-10 4.50

**Sisi Chan (Macao Polytechnic University)**

The Impact of Cognitive Load on Response Inhibition to Deceptive Actions in Basketball Players: An ERP Study 4.51

**Jiaming Fei (Beijing Sport University)**

A case study on sports psychology counseling to enhance team cohesion among college baseball players 4.52

**In YoungCha (Chung-Ang University)**

A case study of rehabilitation psychological counseling for university baseball players 4.53

**Sunmin Kim (Chung Ang University)**

The transfer of perceptual-cognitive training to performance in sports: A meta-analysis 4.54

**XingYu Jiang (South China Normal University)**

A Multidimensional Analysis of the Impact of Stress on Psychological Performance in a Team Context 4.55

**Junyao Wang (Northwest Minzu University)**

A Narrative Inquiry on the Lives of Prematurely Retired Athletes 4.56

**Dae Hyun Kim (Sogang University)**

Psychological Impact of Injury History on Master Brazilian Jiu-Jitsu Practitioners 4.57

**Franco Noce (International Society of Sport Psychology)**

Enhancing Career Adaptability in Non-Elite Youth Athletes: A 5Cs Dual-Career Intervention Model 4.58

**Pui Lim Cheung (Hong Kong Children and Youth Services)**

Psychological Factors and Return to Sport (RTS) After Sports Injury 4.59

**Tsz Ying Wan (National Taiwan University of Sport)**

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# Hong Kong Shine Tak Foundation



Established in July 2014, the Hong Kong Shine Tak Foundation was founded by a group of distinguished individuals who previously served as chairpersons or held key roles in major local charitable organisations. Guided by the mission of “Nurturing the Next Generation of Talent,” Shine Tak places strong emphasis on moral education, respect for the rule of law, and cultivating positive thinking among youth. In collaboration with government bodies and various sectors of society, the Foundation is dedicated to instilling a sense of national identity and social responsibility in Hong Kong’s young people, promoting traditional Chinese culture, and spreading positive energy throughout the community.

Over the past decade, Shine Tak has reshaped youth development through innovative programs in culture, sports, and civic education. More than one million students—including those from ethnic minority backgrounds—have benefited from its initiatives, which now reach over 80% of Hong Kong’s kindergartens, primary, and secondary schools. Flagship programs such as the Aerospace Science and Technology Delegation, the Fine Chinese Culture Campus Program, and the Outstanding Junior Athlete Awards have become industry benchmarks. As the exclusive sponsor of the Scout Special Response Team under the Scout Association of Hong Kong, Shine Tak also equips youth with emergency leadership skills, reinforcing its holistic approach to nurturing virtuous, capable, and socially responsible future leaders.

Firmly rooted in Hong Kong and closely connected to the Chinese Mainland, Shine Tak remains steadfast in its founding aspiration: “Boundless Kindness, Virtuous Deeds Worldwide.” The Foundation embraces a pragmatic and forward-looking mindset, adeptly navigating social change, fostering unity, and proactively expanding the role of the charitable sector to amplify its social impact.

Looking ahead, Shine Tak will broaden its international outreach by launching initiatives focused on Peace Education, Youth Diplomacy, and A Shared Future for Mankind. It champions the belief that civilisation flourishes through dialogue and is enriched by mutual learning across cultures—advancing a vision of a vibrant, interconnected global community.



Beijing and Xi'an  
Aerospace Technology  
Study Tour :  
Inspire youth's space  
dreams, integrate tech  
with care



Shine Tak  
Foundation  
Outstanding Junior  
Athlete Awards :  
Promote wellness,  
build youth  
resilience and grit



National Treasures  
Drawing Competition &  
International Cultural  
Exchange :  
Foster youth exchange,  
embrace global cultures

Shine Tak Campus  
Program of Tea Culture  
Heritage :  
Teach filial piety through  
tea ceremony



Territory- wide  
Inter-school National  
Security Knowledge  
Challenge :  
Promote legal awareness,  
strengthen rule of law

# WORLD CONGRESS COMMITTEES

## Local Organising Committee

Chairman:	<b>Mr Tony Choi, MH</b> (Chief Executive, Hong Kong Sports Institute)
Congress Director:	<b>Dr Raymond So</b> (Director, Elite Training Science & Technology, Hong Kong Sports Institute)
Congress Associate Director:	<b>Dr Daniel Lee</b> (Associate Director, Elite Training Science & Technology, Hong Kong Sports Institute)
Members:	<b>Dr Kate Yung</b> (Acting Director, Sports Medicine, Hong Kong Sports Institute) <b>Dr Gangyan Si</b> (ISSP Congress Scientific Consultant) <b>Ms Margaret Siu</b> (Director, High Performance Management, Hong Kong Sports Institute) <b>Mr Ron Lee</b> (Director, Community Relations and Marketing, Hong Kong Sports Institute) <b>Ms Sharon Wu</b> (Finance Manager, Hong Kong Sports Institute)
Secretary:	<b>Ms Yoyo Li</b> (Sports Information & External Affairs Manager, Hong Kong Sports Institute)

## Local Scientific Committee

Dr Meichi Chan  
Prof Yanping Duan  
Prof Young-won Kim  
Dr Henry Hin-yue Li  
Mr Xiaobo Jiang  
Prof Johan Yau-yin Ng  
Prof Eric Tsz-chun Poon  
Dr Gangyan Si  
Prof Claudia Ming-yu Wong  
Prof Yi-jian Yang

## Local Scientific Committee Secretary

Mr Zhikun Li  
Mr Junming Lyu  
Ms Jiayu Hu  
Ms Bingyan Zhong  
Ms Shenjiao Zhong  
Mr Pengcheng Niu

# REVIEWERS

Dr Quartiroli Ale	University of Wisconsin-La Crosse, United States
Dr Derwin King-chung Chan	The Chinese University of Hong Kong, Hong Kong, China
Dr Yu-Kai Chang	National Taiwan Normal University, Taiwan
Dr Alan Tsz-lun Chu	University of North Carolina at Greensboro, United States
Dr Hao Liu	Shenzhen University, China
Dr Wei Liang	Shenzhen University, China
Dr Jingdong Liu	Sun Yat-Sen University, China
Dr Zhijian Huang	Wuhan Sports University, China
Dr Young-Ho Kim	Seoul National University of Science and Technology, South Korea
Dr Rebecca Wong	MYWellness & SportScience Consulting, Malaysia
Dr Robert Schinke	Laurentian University, Canada
Dr Ning Su	Shenzhen University, China
Dr Tatiana Ryba	University of Jyväskylä, Finland
Dr Chun-qing Zhang	Sun Yat-Sen University, China
Prof Yanping Duan	Hong Kong Baptist University, Hong Kong, China
Prof Young-won Kim	The University of Hong Kong, Hong Kong, China
Dr Henry Hin-yue Li	Hong Kong Sports Institute, Hong Kong, China
Mr Xiaobo Jiang	Hong Kong Sports Institute, Hong Kong, China
Prof Johan Yau-yin Ng	The Chinese University of Hong Kong, Hong Kong, China
Prof Eric Tsz-chun Poon	The Chinese University of Hong Kong, Hong Kong, China
Dr GangyanSi	Hong Kong Sports Institute, Hong Kong, China
Prof Claudia Ming-yu Wong	The Education University of Hong Kong, Hong Kong, China
Prof Yi-jian Yang	The Chinese University of Hong Kong, Hong Kong, China

# ISSP RECOGNITION

## Former Sites of the ISSP World Congress

2025	Hong Kong, China
2021	Chinese Taipei
2017	Seville, Spain
2013	Beijing, China
2009	Marrakesh, Morocco
2005	Sydney, Australia
2001	Skiathos, Greece
1997	Netanya, Israel
1993	Lisbon, Portugal
1989	Singapore
1985	Copenhagen, Denmark
1981	Ottawa, Canada
1977	Prague, Czechoslovakia
1973	Madrid, Spain
1968	Washington D.C, United States
1965	Rome, Italy

## ISSP President

2021-2025	Dr Robert Schinke
2017-2021	Dr Robert Schinke
2013-2017	Dr Gangyan Si
2009-2013	Dr Sidónio Serpa
2005-2009	Dr Dieter Hackfort
2001-2005	Dr Keith Henschen
1997-2001	Dr Gershon Tenenbaum
1993-1997	Dr Atsushi Fujita
	Dr Dennis Glencross
1989-1993	Dr Robert Singer
1985-1989	Dr Robert Singer
1981-1985	Dr Miroslav Vanek
1977-1981	Dr Miroslav Vanek
1973-1977	Dr Miroslav Vanek
1968-1973	Dr Ferruccio Antonelli
1965-1968	Dr Ferruccio Antonelli

## Distinguish International Sport Psychologist Award

2025	Dr Liwei Zhang Dr Paul Wylleman
2021	Dr Natalia Stambulova
2017	Dr Dieter Hackfort Dr Keith Henschen
2013	Dr Gershon Tenenbaum
2005	Dr Jurgen Nitsch
2001	Dr Bruce C. Ogilvie
1997	Dr Herrmann Rieder Dr Robert Singer
1993	Dr Erna Geron
1989	Dr Ferruccio Antonelli Dr Miroslav Vanek

## Honor Award

2025	Dr Sidónio Serpa Dr Tatiana Ryba
2021	Dr Jitendra Mohan
2017	Dr Bola Ikulavoe Dr Athanasios Papaioannou
2013	Dr Guido Schilling
2009	Dr Yannis Zervas
2001	Dr Dieter Hackfort Dr Terry Orlick
1997	Dr Glyn Roberts Dr Gershon Tenenbaum
1993	Dr Atsushi Fujita
1989	Dr John Salmela Dr Filip Genov Dr Dorothy Harris Dr Paul Kunath Dr Robert Singer Dr Harold Thomas Anthony Whiting

**Developing Scholar Award**

2025	Dr Feng-tzu Chen Dr Thierry R.F Middleton Dr Alvin Shih-chun Kao
2021	Dr Garry Kuan Dr Noora Ronkainen
2017	Dr Amy Theresa Blodgett Dr Chun-qing Zhang
2013	Dr Yu-kai Chang Dr Kristoffer Henriksen
2009	Dr Tatiana Ryba
2005	Dr Hulva Ascì Dr Sian Beilock
2001	Dr Andrew M. Williams
1997	Dr Britton Brewer Dr Judy van Raalte

**Developing Practitioner Award**

2021	Dr Soek Hau
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**Fellow**

2025	Dr Alex Garcia-Mas Dr Franco Noce
2023	Dr Glyn Roberts Dr Jennifer Etnier Dr Young-Ho Kim
2020	Dr Jean Cote
2019	Dr Likang Chi Dr Ronnie Lidor Dr Artur Poczwardowski Dr Tatiana Ryba Dr Robert Schinke Dr Marit Sørensen
2018	Dr Tsung-Min Hung Dr Athanasios G. Papaioannou Dr Judy L. Van Raalte Dr Gangyan Si Dr Natalia Stambulova
2017	Dr Dieter Hackfort Dr Keith Henschen Dr Sidonio Serpa Dr Robert Singer Dr Gershon Tenenbaum

**Deceased Inductees  
of Hall of Fame**

2023	Dr Denis Glencross (1939-1994) Dr Dorothy Harris (1931-1991) Dr. Ferruccio Antonelli (1927-2000) Dr Atshushi Fujita (1931-2014) Dr Hermann Rieder (1928-2009) Prof José Ferrer-Hombravella (1915-1976) Prof Miroslav Vanek (1923-2001) Dr Robert Singer (1936-2019) Dr Terry Orlick (1945-2021)
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**Living Inductees  
of Hall of Fame**

2023	Dr Daniel Gould Dr Diane Gill Dr Dieter Hackfort Dr Gershon Tenenbaum Dr Gloria Balagué Dr Glyn Roberts Dr Joan Duda Dr Jürgen Nitsch Dr Leonard Zaichkowski Dr Sidónio Serpa
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# CONTACTS

## Emergency Number

The emergency numbers can be called free of charge from any phone in Hong Kong. Details of the emergency numbers are provided below:

**a. Emergency Helpline: 999**

In case of fire and traffic accidents, to report a crime, or for medical emergencies, dial 999 directly.

**b. International Standard Number: 112**

In Hong Kong, dialling 112 on a mobile phone automatically connects to the 999-emergency service centre, which is especially useful in areas with poor signal or without a SIM card.

**c. Emergency SMS Service: 992**

This service is designed specifically for individuals with hearing or speech impairments.

**d. Hong Kong Police Force Hotline: +852 2527 7177**

For non-emergency inquiries.

If you lose your identification documents, please report the loss at a nearby police station and contact your consulate in Hong Kong.

## Secretariat

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Hong Kong Sports Institute  
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Hong Kong

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Organiser



International  
Society of  
SPORT  
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HONG KONG  
SPORTS INSTITUTE  
香港體育學院

# THE 16TH ISSP WORLD CONGRESS

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